





February 2010 Secondary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4 sets/8 reps bent arm dumbbell pullover, and 3 sets/15 reps tricep kickbacks.	2 3 sets/20 reps bent knee sit ups; 3 sets/15 reps ski jumps. 	3 3 sets/15 reps upright rows w/wt; alternate with 4 sets/8 reps bicep curls.	4 3 sets/15 reps ab rollouts; play some table tennis or tennis with a friend.	5 3 sets/15 reps lunges; 3 sets/15 reps overhead dumbbell raises.	6 Cardio circuit of 5 min intervals: power walk, jog, walking lunges, run, sprint, jog, tree pushups, power walk, high knee jog, power walk, easy walk.
7 Dance the Macarena today to your favorite rock song.	8 3 sets/15 reps flat bench press; 3 sets/15 reps tricep extension lying down.	9 3 sets/15 reps/30 sec hold hover; then shoot some hoops with a friend.	10 3 sets/15 reps bent over dumbbell rows; 3 sets/15 reps seated bicep curls.	11 3 sets/15 reps straight arm ab crunches; try some active exergaming after school.	12 3 sets/15 reps rear lunges; 3 sets/15 reps alternating deltoid presses.	13 Cardio circuit of 5 min intervals: high jogs, side lunge w/windmill arms, jog in place, march, heel jacks, march, walk, jumping jacks, squat thrust.
14 Jump rope for 10 min at a time when you wake up, and before each meal.	15 3 sets/15 reps inclined lateral raises; 3 sets/15 reps overhead tricep extensions.	16 3 sets/15 reps leg pull-ins (seated on a flat bench); 3 sets/10 min step aerobic moves. Go to http://turnstep.com/ for demos.	17 3 sets/15 reps alternating bicep curls; 3 sets/15 reps seated rows. 	18 3 sets/15 reps fingers to heels oblique touchers (both sides); gather friends for a friendly game of ultimate football.	19 3 sets/15 reps seated leg curls; 3 sets/15 reps bent over rear deltoid raises.	20 Cardio circuit of 5 min intervals: cross-country ski jumps, march, high knee jog, power-walk. Repeat 4 X.
21 Dancing Jacks to your favorite music. Do a jumping jack, putting one heel out in front, alternating heels. Alternate 100 reps with dancing.	22 3 sets/15 reps flat dumbbell presses; 3 sets/15 reps tricep dips on a step or bench.	23 3 sets/20 reps hanging leg raises; play some ultimate with your friends after school.	24 3 sets/15 reps preacher curls; 3 sets/15 reps pull-ups.	25 3 sets/15 reps elbow to knee oblique crunches; head outside for a bike ride with friends.	26 3 sets/15 reps dumbbell squats; 3 sets/15 reps dumbbell upright rows.	27 Cardio circuit of 15 min intervals: power walk, jog, power walk, jog.
28 Create a line dance to your favorite song. Repeat the dance sequence over and over and teach it to a friend.				<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit http://www.aahperd.org/naspe/publications/teachingTools/observepe.cfm for an observation assessment tool.</p>		