




February 2012

Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Learn about opportunities for all students to practice what they've learned in physical education, work towards the nationally recommended 60+ minutes of daily moderate-vigorous physical activity, and prepare the brain for learning.</p>			
			<p>1 <u>Bent Over DB Rows</u> Place same knee and hand on bench. Hold a DB in other hand w/ arm extended, pull the DB to armpit and back down. 3 sets of 10</p>	<p>2 <u>Physio-Ball Leg Lifts</u> Lie on the ground with a ball between your feet. Raise the ball up over your head and back down. Repeat</p>	<p>3 <u>Split-Legged Bosu Ball Squats</u> Place one foot on a bosu ball and do 10 body weight squats. Alternate legs on the ball and do 10 more.</p>	<p>4 <u>Diagonal Knee Lifts</u> Step to the side with arms up. Pull your knees to chest and arms down, alternate sides and do same thing. 3 sets of 1 min.</p>
<p>5 <u>Family Compression Ball Crunches</u> Lie down, place ball under lower back, hands behind head. Draw knees to chest, extend legs. Repeat 10 times.</p>	<p>6 <u>Compression Ball Pushups</u> Do 10 pushups with a squishy ball under one hand, switch hands and repeat.</p>	<p>7 <u>Box Drills</u> Sprint forward 15 yds, side shuffle left for 15 yds, back peddle for 15 yds, side shuffle right for 15 yds as fast as you can.</p>	<p>8 <u>Physio-Ball Trunk Lifts</u> Place stomach on ball and hands behind head. Lower torso to the floor and rise back up. Repeat 10 times</p>	<p>9 <u>Trunk Rotations w/ Medicine Ball</u> Keep feet firmly planted and rotate side to side holding medicine ball out.</p>	<p>10 <u>DB Squat Swing ups</u> Spread legs and hold one DB with both hands. Bend knees, lower weight, raise up and swing DB straight over head. Repeat 3 sets of 10 reps.</p>	<p>11 <u>30 min Intervals</u> Jog for 10 min, walk for 10 min, jog for 10 min. do 10 burpees every 10 minutes.</p>
<p>12 <u>Reverse Lunges to Front Kicks</u> Do a reverse lunge and step forward into a front kick with same leg. Do 10 then switch legs.</p>	<p>13 <u>Triceps Kickbacks</u> Place same hand and knee on a bench. Holding a dumbbell in the other hand extend arm straight back keeping upper arm still.</p>	<p>14 <u>Windmill Side Lunges</u> Feet apart arms out to side. Lunge w/ right foot at 45 deg. rotating trunk so left hand touches right foot. Stand up, alternate sides</p>	<p>15 <u>Inclined Biceps Curls</u> Lie on an inclined bench with DB's in each hand. Alternate arms while doing biceps curls. 3 sets of 10.</p>	<p>16 <u>Medicine Ball Crunches</u> Hold a medicine ball up and do crunches while lying on the ground.</p>	<p>17 <u>DB Front Raises</u> Stand straight, raise DB's simultaneously keeping arms straight and palms down. 3 sets of 10.</p>	<p>18 <u>Bosu Ball V-Sit</u> Sit on a bosu ball and bring the legs in to a V-sit position. Hold it for 20 seconds. Repeat 3 times.</p>
<p>19 <u>Half Burpee Intervals</u> Start in a push-up position, jump both feet forward into a squatting position and jump back out. 3 sets 30 seconds.</p>	<p>20 <u>Incline Dumbbell Flies</u> Lie on an inclined bench holding dumbbells out to the side. Keeping arms straight, pull dumbbells together. 3 sets of 10.</p>	<p>21 <u>Partner Cardio</u> With a partner, do high knees for 3 sets of 30 seconds as fast as you can.</p>	<p>22 <u>Seated Isolated DB Curls</u> Sit down on bench, legs apart, DB elbow on inside of thigh. Do 10 curls, then switch arms and do 10 more.</p>	<p>23 <u>Compression Ball Oblique Crunches</u> Place your side on a squishy ball, hands behind head. Lift elbow to hip. 10 then switch.</p>	<p>24 <u>DB Push Press</u> Hold 2 DB's just above your shoulders. Slightly bend knees and push weights above head extending knees as you lift. 3 sets of 10.</p>	<p>25 <u>Squats to Front Kicks</u> Do a body weight squat into a front kick. Alternate kicking leg each rep. do for 3 sets of 1 minute with a 1 minute break in between.</p>
<p>26 Gather up the whole family and go for a 3 mile walk/jog</p>	<p>27 <u>Bosu Ball Push-ups</u> Turn a bosu ball upside down, grab the edges, do 3 sets of 10 pushups.</p>	<p>28 <u>5-10-5's</u> Side shuffle 5 yards right, 10 yards left and 5 yards right as fast as you can. Repeat 10 times. Get a partner.</p>	<p>29 <u>Twisting DB Deadlifts</u> Stand up with feet shoulder width holding light DB's. lower DB's to one foot. Rise up, lower to opposite foot. Alternate for 10 reps.</p>	<p>NASPE recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day while avoiding prolonged periods of inactivity.</p>		

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<http://www.aahperd.org/naspe/publications/teachingTools/key-points-ofQPE.cfm>