



# September 2010

## Elementary Physical Activity Calendar

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>This month's calendar is brought to you by Mrs. Clegg's 5<sup>th</sup> grade Physical Education classes from Storer Elementary School in Muncie, IN</p>			<p>1 Get down on all fours and jump like a frog going from lily pad to lily pad.</p>	<p>2 Find some empty wall space and do wall sits for 1 min. For a real challenge, try this 2 times in a row. Make time go faster by singing a song.</p>	<p>3 Use sidewalk chalk to draw a hop scotch court. Did you know that people around the world draw different patterns for their hop scotch?</p>	<p>4 Sit down on the floor with your legs stretched out. Reach for your toes, keeping your knees a little bent. Repeat 5 times.</p>
<p>5 Jog around the outside of your house while you sing or listen to 3 or 4 of your favorite songs.</p>	<p>6 Do the bear crawl around your house.</p>	<p>7 Turn on your favorite music and dance. You can do this by yourself or ask someone in your house to join you for some fun.</p>	<p>8 Lie down on your back and pretend you are making a snow angel. Make sure to move your arms and legs quickly many times for each one.</p>	<p>9 Find a t-shirt or towel and scrunch it up so it makes a line on the floor. Jump back and forth over it. Next jump from side to side.</p>	<p>10 Be helpful –help with a chore around your house that requires you to move or lift some weights. Some ideas: bring in grocery bags or take out the trash.</p>	<p>11 Do at least 15 push-ups. Now try this again 3 more times today.</p>
<p>12 Go for a bike ride or lie down on your back and put your feet up in the air. Move your feet like you are riding a bike.</p>	<p>13 Use your body to make a bridge. First make a 4 point bridge, then a 3 point bridge and finally a 2 point bridge.</p>	<p>14 Lay down face down- this is called prone. Lift your arms and your legs and fly like Superman!</p>	<p>15 Find a piece of newspaper. Place it on your chest then run around. Try to get the newspaper to stay on your chest without using your hands.</p>	<p>16 Walk like a crab along the beach.</p>	<p>17 Do jumping jacks while you count to 100 or do your multiplication facts.</p>	<p>18 Walk around on your tiptoes. Now walk on your heels. Next walk around with hands out straight and kick up your legs to meet your hands.</p>
<p>19 Find your favorite toy that makes you move and go play with it for 20 minutes .Examples: Jump rope, balls, skates, or hula hoops.</p>	<p>20 Stand like a flamingo by bending one leg up and balancing on the other. See how long you can stand still, and then switch legs.</p>	<p>21 Find some stairs to climb five times, or use one step and go up and down 100 times. Hold soup cans in your hands and with each step lift the cans above your head.</p>	<p>22 Walk around and pretend to cross-country ski. Really extend your arms and legs out with each move.</p>	<p>23 Spin around while sitting and then try to stand. Do not forget to go both directions. If you get dizzy, stop and rest.</p>	<p>24 Do your favorite 3 stretches that your Physical Education teacher has taught you to do in class.</p>	<p>25 March around bringing your knees up high to your chest. Now jog slowly and bring your shoes up to kick your behind.</p>
<p>26 Do a Burpee, from standing move to a squat w/your hands on the ground. Jump out to a push up position. Next jump back up to standing. Repeat 20 times.</p>	<p>27 Do the Venus Fly trap! Lay down on your back with your arms above your head and legs out. Lift both your feet and arms up to meet in the air. Repeat several times</p>	<p>28 Lean forward at the waist and bring one of your legs up off the ground and balance yourself. You should look like and ice skater. Try other balances you know.</p>	<p>29 Squat down and place your hands on the ground then kick your legs up and kick like a mad mule.</p>	<p>30 Break dancing is fun. See if you can do the worm and moon walk. What other moves do you know?</p>	<p><b>SPEED STACKS BONUS ACTIVITY</b> Stacking Fitness &amp; Fun Grab your Speed Stacks, do 3 push-ups &amp; upstack a 3-6-3 alternating hands. Do 3 more push-ups &amp; downstack. Try it with sit-ups. How about jumping jacks? Keep moving! Keep stacking at <a href="http://www.speedstacks.com">www.speedstacks.com</a>!</p>	