



September 2011

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Plan to participate in Hershey's Track and Field Games as part of your 2011/2012 school year by registering your school's fun day/field day as a local meet. Use the prepared lesson plan and checklist to get started. It's a free program for kids 9-14 where they can advance and become eligible to attend an all expenses paid trip to Hershey, PA in August for the North American Final. Visit www.hersheystrackandfield.com</p>				<p>1 <u>Roll the Dice Fitness</u> Grab 2 dice, roll them and them up. That's how many you do! push-ups, curl-ups, squats, jumps</p>	<p>2 <u>Hula Hoop Madness</u> Grab a hula hoop and a friend and see who can keep the hula hoop going the longest? Can you do it for 5 minutes yet?</p>	<p>3 Get the whole family together and create a new game that uses a ball and a goal. Be creative!</p>
<p>4 FAMILY TIME! Get the family together and go play putt putt. Lowest score wins!</p>	<p>5 Put your favorite song on and make up a dance to it! Perform the dance in front of someone else</p>	<p>6 Hold Warrior 1 for 1 minute on both sides A forward lunge with both arms sticking straight up in the air</p>	<p>7 Go to the nearest baseball/softball diamond and play some games of pickle with a group of friends.</p>	<p>8 <u>Locomotor Tag</u> Each time the game begins pick a different way for everyone to move. Walk, run, gallop, skip or hop. Use each one!</p>	<p>9 <u>Jumping Beans</u> Be creative and see how many different ways you can jump rope. Teach them to a friend!</p>	<p>10 Gather up all the kids in your neighborhood and play hide and go seek! Be Careful!</p>
<p>11 Ask a friend or family member to go fishing with you</p>	<p>12 <u>Target Practice</u> Set up some empty soda cans as targets and try and hit them with a ball</p>	<p>13 Ask an adult to take you swimming. Be safe!</p>	<p>14 See how many times you can run around the outside of your school without stopping. Check your pulse when you finish.</p>	<p>15 Hold a plank for 1 minute It's a push-up position on your elbows</p>	<p>16 Hold Warrior 2 for 1 minute on both sides A forward lunge with hips turned and arms out to the side</p>	<p>17 Practice throwing a football with a friend. Can you throw a spiral? If yes, teach a friend!</p>
<p>18 Practice your basketball skills and go shoot some hoops with a friend</p>	<p>19 Gather up all the kids in your neighborhood and play capture the flag!</p>	<p>20 Can you make your body look like every letter in the alphabet?</p>	<p>21 Get a soccer ball and see how many toe taps you can do in 1 minute. Repeat 10 times and try to beat your score each time!</p>	<p>22 Using your feet, knees and head, see how many consecutive times you can juggle a soccer ball! 10? 20? 30? 100?</p>	<p>23 Play a game of Blob tag with your friends When you get tagged link elbows and chase people together</p>	<p>24 Gather up your siblings and see how fast you can rake the leaves in your yard, and both your neighbor's yard.</p>
<p>25 You're a Gymnast Practice summersaults and handstand out in the grass! Be Careful</p>	<p>26 Go to the nearest basketball court and see how many lay-ups you can make out of 10 tries with your right hand. Left hand? Can you make 6?</p>	<p>27 <u>Golf</u> Lay a hula hoop on the ground and practice hitting a golf ball into the hoop. Be careful!</p>	<p>28 Hold Warrior 3 for 1 min on both sides Stand on one leg, bend forward and stick both arms out straight and your other leg back</p>	<p>29 Play 4-Square with 3 of your friends</p>	<p>30 Ride your bike for at least 30 minutes</p>	

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). For information on quality physical education visit:

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