




February 2012



Ten at a Time 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 Have a 30 min walk and talk meeting with a colleague instead of sitting down.</p>	<p>2 <u>Lateral Theraband Raises</u> Stand on a theraband, raise your arms out to the side to shoulder height. Repeat 10 times.</p>	<p>3 <u>Walking Pushups</u> Do a pushup, walk your feet up to your hands, walk your hands out forward, do a push up. Repeat 10 times</p>	<p>4 <u>Woodchoppers</u> Hands up, feet apart. Throw your arms down to stretch out your back and hamstrings.</p>
<p>5 <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>6 <u>10 Double Unders</u> Jump rope and spin the rope around twice on each jump.</p>	<p>7 <u>Physio Ball Bench Press</u> Lie with your back on a ball and use DB's to bench press. 10 reps</p>	<p>8 Body Weight Jump Squats</p>	<p>9 <u>Split Squat Jumps</u> Start in split squat position, jump and switch legs and squat, repeat 10 times quickly.</p>	<p>10 <u>Alternating Lunge and Twist</u> Do a lunge and rotate your torso towards the forward knee. Stand up, repeat with other leg.</p>	<p>11 Go for a 20 minute jog and do 10 burpees every 5 minutes.</p>
<p>12 <u>Med. Ball Balance</u> Balance your whole body on a medicine ball with just your hands. 10 seconds at a time.</p>	<p>13 <u>Side to Side Pushups</u> Do a push-up, walk your hands to the left, pushup, to the right, pushup. Keep your feet in place and keep alternating.</p>	<p>14 Walking Dumbbell Lunges Forward for 10, backward for 10</p>	<p>15 <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>16 <u>Triceps Dips</u> Use your chair, stairs, or your desk at work. Keep your elbows, hands and shoulders in line.</p>	<p>17 <u>Inclined Biceps Curls</u> Lie on an inclined bench with DB's in each hand. Alternate arms while doing biceps curls.</p>	<p>18 <u>Pike Ups</u> Lie on back with legs and arms out straight, touch fingers to toes and back down, repeat 10 times.</p>
<p>19 <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. 10 sets of 10 sec</p>	<p>20 <u>Partner Cardio</u> With a partner, do high knees for 10 sets of 10 seconds as fast as you can. Only 10 seconds in between.</p>	<p>21 <u>Lying Alternate Leg Toe Touches</u> Lie on your back; keep your legs straight, touch right hand to left toe. Repeat at good pace switching legs.</p>	<p>22 <u>Windmill Stretches</u> Feet apart, bend at the waist, continually rotate your torso so your left hand swings passed the right foot and right hand passed left foot.</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>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>25 Wall Push-ups</p>
<p>26 <u>Superman's on all 4's</u> Extend your left arm and right leg simultaneously, switch, and repeat for 10 reps.</p>	<p>27 8 Count Body Builders</p>	<p>28 <u>Half Burpees</u> Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.</p>	<p>29 Floating Lunges</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>