### January 2024

**Secondary Health & Physical Education Calendar**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 1 New Year’s Day: Set a goal
How many days can you be active in January? Tell an adult at home your goal and write it in this square. | 2 De-Stress for Success
Ask someone you care about what their favorite way to de-stress is and join them in that practice! Ideas include physical activity, yoga, breathing, talking to friends, etc. | 3 Before Bed Breathing
While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe. | 4 Better Breathing can help calm our mind & body. Take a deep breath in through your nose, hold for a four count. Then exhale, out of your mouth for a four count. Repeat. | 5 Seated Forward Bend Pose
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need | 6 Collage Time
Create a collage of inspirational quotes/words. |
| 7 Sunday Prep
Do one thing today to help prepare you for the week. Examples: Pack your backpack
- Check your homework
- Pick out your clothes for the week
- Set out your breakfast | 8 Move it Monday
DANCE – DANCE to your favorite song while getting ready or brushing your teeth. | 9 Flip a coin
Heads: At each meal, perform as many push-ups as you can without stopping. Tails: At each meal, perform as many squats as you can without stopping. | 10 Mindful Minute
For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. | 11 Circuit Set
Perform each 3 times:
- 10 Burpees
- 10 Walking Lunges
- 10 Mountain Climbers | 12 Low Lunge Pose
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. | 13 You Deserve It
Write personal affirmations. |
| 14 Flip a coin
Heads: At each meal, perform as many push-ups as you can without stopping. Tails: At each meal, perform as many squats as you can without stopping. | 15 Recharge
Avoid using technology two hours before bed. Did you sleep better? Martin Luther King, Jr. Day | 16 Army Crawl
Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you’re moving under barbed wire. | 17 Music Break
Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished? | 18 Circuit Set
Perform each 3 times:
- 10 Box Jumps (step-ups)
- 10 Curls-Ups
- 10 Bench/Chair Dips
Hold a 10 second Plank 10 times | 19 Mummy Kicks
Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. | 20 Declutter
Clean up your locker, desk or room. Having an organized space can make you feel better. |
| 21 Flip a coin
Heads: Perform a wall-sit for 30 seconds, rest, and then again for 20 seconds. Tails: Perform a high plank for 30 seconds, rest, and then again for 20 seconds. | 22 Core Challenge
Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest! | 23 Stay Hydrated
Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel? Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. | 24 Mindful Minute
For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. | 25 Cardio & Yoga
Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses from this calendar holding each pose for 30-60 seconds before switching. | 26 Hands & Knees Balance Pose
Hold for 30-60 seconds, switch sides and repeat. | 27 Compliments Matter
Give a compliment. It only takes one sentence. |
| 28 Flip a coin
Heads: Choose one lower body exercise that will help you jump higher. Do it 20 times. Tails: Choose one upper body exercise that will | 29 Shoulder Shrugs
Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times. | 30 Jump Around
Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times | 31 Mindful Minute
For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. | NATIONAL HEALTH OBSERVANCES
National Blood Donor Month
Yoga images from www.forteyoga.com SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America). |