### Secondary Physical Activity Calendar

<table>
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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</table>
| 30 | Try Savasana again. Fully relax & clear your mind. | 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. | National Health Observances:  
- Fruit and Veggies – More Matters Month  
- National Childhood Obesity Awareness Month  
- National Yoga Awareness Month  
- Whole Grains Month | Yoga Images from [www.forteyoga.com](http://www.forteyoga.com) | | 1 | Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. |
| 2 |  **Do this:**  
- 5 walking lunges  
- 5 jumping split squats  
- 3 jump squats |  **10 Push Up Crawls**  
Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up. | | | | 8 | **Seated Forward Bend Pose**  
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need. |
| 9 | **High Knee Twist**  
Alternate bringing your opposite knee to your opposite elbow. To make it harder add a hop in between. |  **Hands & Knees Balance Pose**  
Hold for 30-60 seconds, switch sides and repeat. | | | | 15 | **Play Catch**  
Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body. |
| 16 | **Squat with Kicks**  
Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10. |  **Cardio and Stretch**  
Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose. | | | | 22 | **Dance, Dance**  
Put on your favorite song or turn on the radio. Dance however you like during the entire song! |
| 23 | **After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.** |  **Crazy 8’s**  
8 jumping jacks  
8 silly shakes (just shake as silly as you can)  
8 high knees  
8 scissor jumps | | | | 29 | **Jab, Jab, Cross**  
Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. |
| 24 | **Try and sprint from one end of your street to the other. Have a family member time you.** |  **Vertical Jump**  
Jump as high as you can for 30 seconds. Repeat. | | | |  |   |
| 25 | **Walking Race**  
Pick a distance and challenge a friend to a speed walking race. No running! | | | | |  |   |
| 26 | **Kick Backs**  
Lean against a wall and kick one leg back. Complete 20 on each side. | | | | |  |   |
| 27 | **Commercial Stroll**  
During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don’t miss a thing! | | | | |  |   |
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