## April 2018
### Secondary Physical Activity Calendar

<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</td>
<td>2 Star Jumps</td>
<td>3 Crane Pose</td>
<td>4 4 Walls</td>
<td>5 Target Practice</td>
<td>6 Tea Cup Tip-ups</td>
<td>7 World Health Day</td>
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<tr>
<td>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</td>
<td>Here’s a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</td>
<td>Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</td>
<td>Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</td>
<td>Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</td>
<td>Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult &amp; discuss other ways to prevent diabetes.</td>
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### Commercial Break

**8 Commercial Break**

Can you hold a wall sit for an entire TV commercial break?

**9 10 Jump Lunges**

Complete a right leg lunge, while in the down position jump landing in a lunge position on the left leg.

**10 Tabata**

Jump squats 20 seconds of work 10 seconds of rest 8 rounds

**11 Fish Pose**

Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.

**12 Dribble Challenge**

Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?

**13 Card Fitness**

Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice

**14 Wild Arms**

As fast as you can complete:

- 10 Arm Circles front & back
- 10 Forward punches
- 10 Raise the Roof's Repeat 3x

### Family Adventure

**15 Family Adventure**

Go for a walk with your family. Vary your speeds sometimes walking a fast and medium pace.

**16 Jump rope to music!**

Can you jump to an entire song without stopping?

**17 How Fast Can You Go?**

Pick a distance and see how fast you can run the distance.

**18 Slide, Slide, Sprint**

Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.

**19 Garland Pose**

Practice your balance with this pose!

**20 Tabata**

Tuck Jumps 20 seconds of work 10 seconds of rest 8 rounds

**21 Commercial Break**

Can you hold a plank for an entire TV commercial break?

### Play Catch

**22 Play Catch**

Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.

**23 Chair Pose**

Hold for 30 seconds, relax then repeat.

**24 Balance**

Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.

**25 Jump, Jump**

Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.

**26 Put your favorite song on and make up a dance or fitness routine!**

**27 Paper Plate Planks**

In plank position with paper plates under your feet. Complete 30s each:

- mountain climbers
- in and out feet
- knees to chest

**28 Step Jumps**

Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.

### Step Jumps

**29 Along the sidewalks alternate between skipping, speed walking, and jogging.**

Try Savasana again. Use this to relax and wind down all year!

**30 National Health Observances**

- National Autism Awareness Month
- National Distracted Driving Awareness Month
- Stress Awareness Month
- April 7: World Health Day

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. Happy exercising!

Yoga photos from [www.forteyoga.com](http://www.forteyoga.com)