



# Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>30</b> Find a healthy holiday dessert recipe and make it for your family or friends!</p>	<p><b>31</b> Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2019.</p>	<p>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.</p>		<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>Safe Toys and Gifts Month</li> </ul> <p>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>		<p><b>1</b> Keep a food journal of everything you eat this month.</p> <p>Eat sweets in moderation!</p>
<p><b>2</b> It's holiday season!</p> <p>Have your kids help you hang up lights and decorations both indoors and outdoors.</p>	<p><b>3 Exercise Circle</b> Have every member of the family come up with two exercises for everyone to do. Do 20 reps of each exercise. Vary the muscle groups.</p>	<p><b>4</b> Play a game of football, basketball, table tennis, racquetball, or volleyball with some friends!</p>	<p><b>5 Over-And-Under</b> Pass the medicine ball (or ball of similar weight) with a partner through the legs and then overhead. Do 15 reps and switch positions.</p>	<p><b>6</b> Hold your arms out in front of you for a minute, out to the side for a minute, and up by your ears for a minute all without taking a break.</p> <p>Sound easy? Find out for yourself!</p>	<p><b>7 Agility Ladder Drills</b> Make a ladder on the ground with tape or chalk.</p> <ul style="list-style-type: none"> <li>High knees</li> <li>In-In-Out-Out</li> <li>2 In-2 Over-2 Out (from front and side of ladder)</li> </ul> <p>Repeat all 5 exercises 5x</p>	<p><b>8 Interval Training</b> Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch!</p>
<p><b>9 Community Service</b> Go buy a safe toy(s) with your family and donate it. Discuss ways to prevent blindness.</p>	<p><b>10 Stadiums!</b> Go to your local high school bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs!</p>	<p><b>11 Arms Day</b> 20 triceps dips 15 push-ups 10 wide-arm push-ups 5 diamond push-ups</p>	<p><b>12</b> Blare some music and dance around the house or play an interactive game like Just Dance or Wii Sports!</p>	<p><b>13</b> Jump rope as fast as you can for 1 minute, then rest for 1 minute.</p> <p>Repeat 5 times.</p>	<p><b>14 Boat Pose</b></p>  <p>Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too!</p>	<p><b>15 Bundle up</b> Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!</p>
<p><b>16</b> Take a group fitness class or do a workout video of your choice!</p> <p>Another option is to do step-ups to music for 10 minutes! Get the whole family involved!</p>	<p><b>17 Side Plank Competition</b> See which family member can hold a side plank the longest.</p> <p>Do both sides.</p>	<p><b>18 Jumping Lunges</b> Really lift those arms and explode off the ground!</p> <p>Repeat three times for 30 seconds. Try and beat your best score!</p>	<p><b>19</b> Practice all the jump rope moves we've learned so far:</p> <ul style="list-style-type: none"> <li>backwards</li> <li>jump, single leg jump, scissor, heel-to-heel, and toe-to-toe.</li> </ul> <p>Can you connect them all?</p>	<p><b>20</b> Watch a holiday movie with the family! Do conditioning exercises during the commercials (squats, crunches, jumping jacks, push-ups, etc.)</p>	<p><b>21</b> Enjoy a day sledding or having a snowball fight. No snow? Be creative and make up a game with your family!</p>	<p><b>22</b> Any time you ride in a car today, park as far away as possible from your destination. Get some extra walking steps in!</p>
<p><b>23 Dolphin Pose</b> Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 seconds.</p> 	<p><b>24 Box Drills</b> Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards. Go as fast as you can for 1 minute. Repeat 5 times.</p>	<p><b>25</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 3 sets of 10 reps. Stay low on the shuffles and keep your feet apart when squatting.</p>	<p><b>26 Hundred Hold</b> Lay on your back and slightly lift your back/shoulders and legs off the ground. Pump your arms vigorously within a 6 inch range. Complete 100 reps twice.</p>	<p><b>27</b> Gather up some friends or family members and have sprint races on the high school track. Who can go the fastest? Be sure to cool down and stretch afterwards!</p>	<p><b>28 Compression Ball Push-ups</b> Do 10 push-ups with a squishy ball under one hand. Switch hands and repeat.</p>	<p><b>29</b> Dribble a basketball 200 times with your right hand, then 200 times with your left hand. Make it a competition with your friends!</p>