

# Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>▶ <b>National Health Observances</b></p> <p>National PE &amp; Sport Week (May 1-7) National Physical Fitness and Sports Month Mental Health Month National Teen Pregnancy Prevention Month</p>		<p><b>1 Line Jumps</b></p> <p>Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</p>	<p><b>2 How Fast Can You Go?</b></p> <p>Pick a distance and see how fast you can run the distance.</p>	<p><b>3 Freeze Dance</b></p> <p>Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</p>	<p><b>4 Sidewalk Slide</b></p> <p>Down a sidewalk slide with your right foot leading. Switch feet and go back. Repeat 10 times (5 on the right, 5 on the left)</p>	<p><b>5 Target Practice</b></p> <p>Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!</p>
<p><b>6 Mini Dance</b></p> <p>8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat Suggested song: "Party Rock" by LMFAO</p>	<p><b>7 Stork Tag</b></p> <p>Play tag while hopping on one leg like a stork. Stay inside a small boundary.</p>	<p><b>8 You're a Frog!</b></p> <p>Practice your frog jumps by traveling as far as you can in 30 sec. Repeat 5 times trying to get farther each time.</p>	<p><b>9 Mummy Kicks</b></p> <p>Criss-cross arms from left to right while lightly hopping &amp; kicking your feet from left to right.</p> 	<p><b>10 Toe-To-Toe Jump Rope</b></p> <p>Hop on the left foot and touch the right toe, then hop on the right foot and touch the left toe. Hint: keep body over weighted foot.</p>	<p><b>11 Scissor Jumps</b></p> <p>Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.</p>	<p><b>12 Around the House</b></p> <p>See how many times you can run around the outside of your house without stopping. Check your pulse when you finish.</p>
<p><b>13 Couch Potato Circuit</b></p> <p>Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>	<p><b>14 Soccer Dribble</b></p> <p>Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.</p>	<p><b>15 Everybody IT Tag</b></p> <p>Everybody's it! If you get tagged sit down. You're still it. Tag people as they run by. Last one up wins!</p>	<p><b>16 Star Jumps</b></p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>17 4 Walls</b></p> <p>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</p>	<p><b>18 Family Adventure</b></p> <p>Go for a walk with your family. Keep track of where you walk and name the path to walk on it again.</p>	<p><b>19 Cardio</b></p> <p>Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</p>
<p><b>20 Balancing Act</b></p> <p>Practice balancing on one foot on a step, curb or balance beam at a park. Try bringing your free knee up to a 90 degree angle. Switch sides.</p>	<p><b>21 Step Jumps</b></p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p><b>22 Eagle Pose</b></p> <p>Hold eagle pose two times on each leg for 20 seconds each.</p> 	<p><b>23 Stairs</b></p> <p>Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p><b>24 Kick City</b></p> <p>20 side kicks 20 front kicks 20 back kicks</p>	<p><b>25 Pendulum Stretches</b></p> <p>Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.</p>	<p><b>26 Freestyle Dance</b></p> <p>Make a playlist of 3-5 of your favorite songs or listen to the radio. Dance or keep moving to the music for the entire time.</p>
<p><b>27 Stuck in Mud</b></p> <p>Tag with a twist! When a person gets tagged, he/she is "stuck in the mud." To get unstuck, another player must crawl through his/her legs.</p>	<p><b>28 Just play!</b></p> <p>Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p><b>29 Crab Walk</b></p> <p>Try crab walking around your living room. Gather family members or friends and have a race.</p>	<p><b>30 Wake and Shake</b></p> <p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p><b>31 Bridge Pose</b></p> <p>Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</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. Happy exercising!</p>	