

Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>▶ National Health Observances</p> <p>National PE & Sport Week (May 1-7) National Physical Fitness and Sports Month Mental Health Month National Teen Pregnancy Prevention Month</p>		<p>1 Line Jumps</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>2 Play Catch</p> <p>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.</p>	<p>3 Shuttle Run</p> <p>Test your agility! Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>4 Jab, Jab, Cross</p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>5 Target Practice</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>6 4 for 10</p> <p>10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>7 Arm Hold Challenge</p> <p>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. Sound easy? Find out for yourself!</p>	<p>8 Box Drills</p> <p>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>9 Mummy Kicks</p> <p>Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>10 Line Jumps</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>11 Scissor Jumps</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>12 Around the House</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>13 Couch Potato Circuit</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>14 Soccer Dribble</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>15 How Fast Can You Go?</p> <p>Pick a distance and see how fast you can run the distance.</p>	<p>16 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>17 4 Walls</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>18 Tabata</p> <p>Burpees 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>19 Cardio</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>20 Balancing Act</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>21 Step Jumps</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>22 Eagle Pose</p> <p>Hold eagle pose two times on each leg for 20 seconds each.</p> 	<p>23 Stairs</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>24 Kick City</p> <p>20 side kicks 20 front kicks 20 back kicks</p>	<p>25 Pendulum Stretches</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>26 Up and Squat Challenge</p> <p>Any time you get up from your seat today, complete 5-10 squats before moving.</p>
<p>27 Dance</p> <p>Blare some music and dance around the house or play an interactive game like Just Dance!</p>	<p>28 Interval Training</p> <p>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>29 Scissor Jacks</p> <p>As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 25</p>	<p>30 Go Outside</p> <p>Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.</p>	<p>31 Bridge Pose</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>	