### Secondary Physical Activity Calendar

**November 2018**

**SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**
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#### National Health Observances:
- American Diabetes Month
- Lung Cancer Awareness Month

#### Extra Halloween candy?
- Check out [Operation Gratitude](https://www.operationgratitude.com) to send a package to troops
- Participate in a local candy "buy back"

#### 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.

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

#### 1 Walking
- Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions

#### 2 Side to Side Jumps
- Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!

#### 3 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.

#### 4 Stairs
- Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.

#### 5 Jump rope to music!
- Can you jump to an entire song without stopping?

#### 6 Cow Pose
- On all fours arch your back with your head looking up while your tummy is pushed toward the ground.

#### 7 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:
  - jumping jacks
  - squats
  - mountain climbers
  - Your choice

#### 8 Commercial Planks
- Can you plank during an entire commercial break?

#### 9 Leg Day
- 20 squats
- 20 walking lunges
- 20 high knees

#### 10 Cat Pose
- On all fours arch your back pulling you spine towards the ceiling while looking at the ground.

#### 11 Shuffle Squat
- Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.

#### 12 4 for 10
- 10 frog jumps
- 10 sit-ups
- 10 push-ups
- 10 second superman hold

#### 13 See how many times you can run around the outside of your house without stopping. Check your pulse when done.

#### 14 Basketball Shooting Target Practice
- Using an empty laundry basket or bucket, practice shooting a small object inside. Each time you make it take a step back.

#### 15 Balloon Tennis
- Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand

#### 16 Jump rope to music!
- Can you jump to an entire song without stopping?

#### 17 Side to Side Jumps
- Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!

#### 18 10 tricep dips
- 15 second seated straddle stretch
- 20 crunches
- 25 jump rope reps

#### 19 Cow-Cat Pose
- Try your cow and cat yoga poses together.

#### 20 Core Challenge
- Plank 10 seconds
- 10 crunches
- 10 sit ups
- Repeat 5 times with no rest!

#### 21 Just play!
- Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it’s up to you!

#### 22 Jump rope as fast as you can for one minute, then rest for 1 minute.
- Repeat 6-8 times.

#### 23 High Knees & Stretch
- High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.

#### 24 Clap and Catch
- Throw a soft object up into the air. See how many times you can clap before you catch it.

#### 25 Leg Day
- 20 squats
- 20 walking lunges
- 20 high knees

#### 26 Shuttle Run
- Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.

#### 27 Target Practice
- Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!

#### 28 Jump!
- 10 vertical jumps
- 10 broad jumps
- 10 side-to-side jumps

#### 29 Shoulder Shrugs
- Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.

#### 30 Jump rope as fast as you can for one minute, then rest for 1 minute.
- Repeat 6-8 times.

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