

Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NATIONAL HEALTH OBSERVANCES</p> <p>National Child Abuse Prevention Month</p> <p>National Donate Life Month</p>	<p>1 Spring Air</p> <p>Go on a daily walk with a family member.</p>	<p>2 Strike Away</p> <p>Play a game of tennis or wall ball with a friend.</p>	<p>3 Hydrate</p> <p>Remember to drink 7-10 glasses of water everyday.</p>	<p>4 Kicking It</p> <p>Kick a soccer ball around your yard or in a park.</p>	<p>5 Explore</p> <p>Go fly a kite!</p>	<p>6 Juggle</p> <p>Chin Juggling - While in a plank position, pick up a tennis ball with one hand & put it under your chin remove it with your other hand and place it on the floor. Repeat 10 times. Can you do it 15 times? 25?</p>
<p>7 Back and Forth</p> <p>Can you jump back and forth over a line for 1 minute? Two minutes? Try jumping side to side.</p>	<p>8 How Long Can You Go?</p> <p>Jump rope for 1 minute. 2 minutes? More? Teach yourself a new jump rope trick!</p>	<p>9 Partner UP</p> <p>Play catch with a friend or a family member.</p>	<p>10 Zig and Zag</p> <p>Sidewalk Chalk Balance - draw a variety of pathways (straight, curvy, zig zag) and practice balancing and walking the pathways.</p>	<p>11 Push Up</p> <p>Try to do pushups in 3 different places today!</p>	<p>12 Healthy Eating</p> <p>Are you eating 5-7 fruits and veggies everyday? Try a new veggie!</p>	<p>13 Get Up</p> <p>Partner Air Seat - Sitting toe to toe, feet flat on the floor, holding hands, pull each other to an "air seat" position,</p>
<p>14 Wall Strength</p> <p>Challenge a friend or family member to a wall seat contest. Who can last the longest?</p>	<p>15 Playground Fun</p> <p>Play hopscotch with your friends.</p>	<p>16 Bowl Away</p> <p>Go bowl! Or save water bottles and make your bowling lanes in your yard.</p>	<p>17 Climbing Up</p> <p>Can you perform 15 mountain climbers? 30? Go for it.</p>	<p>18 Partner Work</p> <p>Play catch with a friend or a family member.</p>	<p>19 Move to the Music</p> <p>Take a 30 second dance party!</p>	<p>20 Every Way</p> <p>Place a ball or balloon on the ground and pick it up with your knees. Jump around like a kangaroo! Make short jumps, long jumps, try jumping sideways. Can you jump backwards?</p>
<p>21 Get Up and Move</p> <p>Dance to your favorite song!.</p>	<p>22 Work on Break</p> <p>Work on upper body strength by holding a plank position during commercials of your favorite TV show!</p>	<p>23 Balloon Tap</p> <p>Use a balloon and practice tapping the balloon above your head with your right hand then your left hand for 25 taps.</p>	<p>24 Core Strength</p> <p>While in a plank position, tap a tennis ball back and forth from right hand to left hand for 15 seconds. 20 secs? More?</p>	<p>25 Pose</p> <p>Hold a Yogi Squat Pose for 30 seconds.</p>	<p>26 Play Together</p> <p>Ask your family to share their favorite after school activities then play one!</p>	<p>27 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>
<p>28 Frisbee</p> <p>Go outside and throw a Frisbee with a friend.</p>	<p>29 Hop, hop, hop</p> <p>Can you hop on one foot and stay in the same spot? 30 seconds? What about your foot? Sideways? 1 minute?</p>	<p>30 Bike Ride</p> <p>Ride your bike with your friends. Don't forget to wear your helmet!.</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>	