## February 2019

### Elementary Physical Activity Calendar

<table>
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<tr>
<th>National Health Observances:</th>
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<td>1. American Heart Month</td>
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<tr>
<td>2. National Children’s Dental Health Month</td>
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<td>3. Teen Dating Violence Awareness Month</td>
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Yoga pictures from [www.forteyoga.com](http://www.forteyoga.com)

### SUNDAY

**3 Yogi Squat Pose**
- Hold for 30 seconds rest and repeat.

**4 Limbo**
- Grab a broom stick and have 2 people hold it.
- Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?

**5 Boat Pose**
- Hold Boat Pose three times for 15 seconds.

**6 Toe Fencing**
- With a partner, hold each other’s shoulders. Try to tap the other person’s toe without having yours tapped.

### MONDAY

**10 I Spy Walk**
- Go for a walk with your family while playing a game of I, Spy.

**11 Crawl Like a Seal**
- Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.

**12 Set the Menu**
- Put your favorite song on and make up a dance or fitness routine!

**13 Star Jumps**
- Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

**14 Yogi Squat Pose**
- Hold for 30 seconds rest and repeat.

**15 Star Jumps**
- Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

**16 Active Word Showdown**
- Write down all of the active words you can think of. When you’re finished go act them out!

### TUESDAY

**24 Wild Arms**
- As fast as you can complete:
  - 10 Arm Circles front & back
  - 10 Forward punches
  - 10 Raise the Roof’s Repeat 3x

**25 Crane Pose**
- Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.

**26 Bear Walk**
- With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.

**27 4 Walls**
- 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

**28 Read & Move**
- Pick a book to read and select an “action word” that will be repeated often. When the “action word is read stand up and sit down.

### WEDNESDAY

**1 Play Catch**
- 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.

**2 Musical Frogs**
- This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).

### THURSDAY

**Before you start:**
- Look at the month’s activities.
- Circle the activities that improve your cardiovascular endurance.

### FRIDAY

**7 A Quarter’s Worth**
- How much is a quarter worth? Complete 25 of the following:
  - Skip
  - Jump
  - Lift Knees
  - Walk backwards

**8 Along the sidewalks alternate between skipping, speed walking, and jogging.

**9 Fish Pose**
- Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.

### SATURDAY

**17 Wake and Shake**
- 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.

**18 Bridge Pose**
- Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.

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

**20 Jump, Jump**
- Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.

**21 Put your favorite song on and make up a dance or fitness routine!”

**22 Sidewalk Chalk Balance**
- Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.

**23 Downward Dog**
- Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!