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| **NATIONAL HEALTH OBSERVANCES**  
National Blood Donor Month  
Yoga images from www.forteyoga.com | **1 Code Words**  
While watching TV any time you hear the code word complete 10 jumping jacks.  
Code word: new year | **2 Parachute**  
With friend or family member use a bed sheet like a parachute in PE.  
Lift up and down to move air underneath the sheet. | **3 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. | **4 Step Jumps**  
Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. | **5 Pretend to:**  
- Sit in a chair for 10 seconds  
- Shoot a basketball 10 times  
- Ride a horse  
- Be a frog  
- Lift a car |
| **6 Commercial Stroll**  
During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don’t miss a thing! | **7 Underhand Toss Target Practice**  
Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back. | **8 Balloon Bounce**  
Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner. | **9 High Knees & Stretch**  
High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time. | **10 Play Simon Says**  
Someone is “Simon” and everyone else has to do what Simon says, but only when he/she says “Simon says” first. | **11 Skaters**  
Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds. | **12 Partner Challenge**  
Sit back to back with a friend or link arms. Try to stand up without unlinking arms. |
| **13 Seated Forward Bend Pose**  
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need | **14 Crabby Clean Up**  
Tidy up while walking like a crab! Carry items on your belly across the room to put them away. | **15 Hands & Knees Balance Pose**  
Hold for 30-60 seconds, switch sides and repeat. | **16 Long Jump**  
Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go. | **17 Army Crawl**  
Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you’re moving under a barbed wire. | **18 Do this:**  
-Hop on one leg 30 times, switch legs  
-Take 10 giant steps  
-Walk on your knees  
-Do a silly dance  
-Sprint for 10 seconds | **19 Crazy 8’s**  
8 jumping jacks  
8 silly shakes (just shake as silly as you can)  
8 high knees  
8 scissor jumps |
| **20 Clap and Catch**  
Throw a soft object up into the air. See how many times you can clap before you catch it. | **21 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. | **22 Cardio & Yoga**  
Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching. | **23 Crazy 8’s**  
8 jumping jacks  
8 silly shakes (just shake as silly as you can)  
8 high knees  
8 scissor jumps | **24 Parachute**  
With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet | **25 Low Lunge Pose**  
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. | **26 Star Jumps**  
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. |
| **27 Paper Plate Planks**  
In plank position with paper plates under your feet. Complete 30s each:  
- mountain climbers  
- in and out feet  
- knees to chest | **28 Dance, Dance**  
Put on your favorite song or turn on the radio. Dance however you like during the entire song! | **29 Tea Cup Tips- ups**  
Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. | **30 Star Jumps**  
Jump up with arms and legs spread out like a star. Do 10 then rest and repeat. | **31 Flexible Alphabet**  
Can you make your body look like every letter in the alphabet? |  |  |

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!