### Secondary Physical Activity Calendar

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<th>SUNDAY</th>
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<th>TUESDAY</th>
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| 31       | National Health Observances:  
- National Nutrition Month  
Yoga pictures from [www.forteyoga.com](http://www.forteyoga.com) | 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! | 1 Grass-Cutters  
Practice running backwards. Stay low, and stay on the balls of your feet. | 2 Try and sprint from one end of your street to the other. Have a family member time you. |
| 3        | Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways? | 4  
5 walking lunges  
5 jumping split squats  
5 jump squats  
3 times through | 5 Partner Challenge  
Sit back to back with a friend and link arms. Try to stand up without unlinking arms. | 6 Fitness Intervals  
10 squats  
10 broad jumps  
10 second sprints  
10 pushups  
10 sit-ups | 7 Jab, Jab, Cross  
Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. |
| 10       | Crazy 8's  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can)  
Repeat 3 times | 11 Between the Knees  
Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees. | 12 Happy Baby Pose  
Straighten your legs for an added challenge. | 13 Toe Fencing  
With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped. | 14 Chest Pass  
Practice your chest passes against a brick wall. Remember to step towards your target. |
| 17       | Code Words  
While watching TV any time you hear the code words complete 10 jumping jacks.  
Code words: green, St. Patrick's Day, lucky, leprechaun | 18  
Try and sprint from one end of your street to the other. Have a family member time you. | 19 Pretend!  
Pretend to:  
- Sit in a chair for 10 seconds  
- Shoot a basketball 10 times  
- Ride a horse  
- Be a frog  
- Lift a car | 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 Walking Race  
Pick a distance and challenge a friend to a speed walking race. No running! |
| 24       | Squat with Kicks  
Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10. | 25 Fitness Intervals  
10 squats  
10 broad jumps  
10 second sprints  
10 pushups  
10 sit-ups | 26 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 | 27 Set the Menu  
Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy. | 28 Vertical Jump  
Jump as high as you can for 30 seconds. Repeat. |
| 29       | Ragdoll Pose  
Hold Ragdoll Pose for 30 seconds. Repeat. | 30 Jab, Jab, Cross  
Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. | 31 | | 

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