

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|---|
| National Health Observances: <ul style="list-style-type: none"> National Courtesy Month National Self-Care Awareness Month National Suicide Prevention Month Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month | | 1 Set a Goal! How many days can you be active in September. Make sure you tell a grown-up at home. Write it in this square. | 2 Jumping Jacks How many jumping jacks can you do in 30 seconds? Write it down. | 3 H2O Every time you have a glass of water, record a tally mark! | 4 Throw to a Target! Create a target and use a rolled-up sock. Move back if you make it; step forward if you miss. How far can you get away from the target? | 5 Step it Out If you can go outside, record the number of steps to get to the closest tree. Record how many jumps to come back? Which took more? |
| 6 Plank Contest! How long you can hold a plank position? Challenge someone at home to a contest! | 7 Labor Day Ask someone at home how you could help with chores around the house. | 8 Balance Challenge! Can you balance on 3 points of contact? 2? 1? How long can you balance on each? | 9 Just Keep Running! Jog or run for 5 minutes. Stretch your arms and count to 30. Stretch your legs and count to 30. How did you feel after running compared to how you felt after stretching? | 10 Try it! Try a new fruit or vegetable. Tell us what it was--draw or write. Did you like it? | 11 Lungs are for Breathing! Do 30 frog jumps, then do 30 sit ups. Circle which one made you breathe harder. | 12 Family Time Go for a walk with your family. |
| 13 Grandparents Day Call or FaceTime a grandparent or senior you know. Ask them something they've learned about being healthy. | 14 Get Creative! Create the same target as on the 4th. Create a trick shot! Are there other games you could create? Teach one to someone. | 15 Stay Hydrated! Try to drink more water today than you did on the 3rd. Record tally marks to keep track. Do you feel better? | 16 Beat your Record! Record how many jumping jacks you can do in 30 seconds? Did you beat your previous score? | 17 Cardio Quest Walk back to the same tree as the 5th. Gallop or skip on the way back. Which made your heartbeat faster? | 18 Dance Party! Turn on music and create a dance! Was it fast or slow? | 19 Grocery Bag Juggle Find 3 plastic grocery bags. Try tossing and catching one between your left and right hand. Then try 2 bags. How long can you keep 3 grocery bags in the air? |
| 20 Be the Teacher! Teach someone how to skip or gallop. Was it hard to teach someone else? | 21 What's your Favorite? Pick your favorite sport or game. Play by yourself or with someone at home. | 22 First Day of Autumn! Try to eat an apple today. What kind of apple is your favorite? | 23 Gratitude List 3 things that you are grateful for. If it is a person, tell them. | 24 The Places You'll Go! Can you make your heartbeat faster by skipping or leaping? Can you increase the distance by going straight, curved, or zigzag? | 25 The Great Outdoors How many minutes were you outside today? More or less than usual? Why? Write it down. | 26 TV Tracker How many minutes did you watch TV today? Write it down. |
| 27 Outside > TV Today, make sure you are outside more than you watch TV today! | 28 Challenge Yourself! Record the number of jumping jacks you can do in 30 seconds? Did you beat your previous score? | 29 Tree Pose Balance on one leg. Bend your other leg bring your foot to your knee. Reach high and touch hands above your head. What kind of tree are you? | 30 Celebrate! Did you meet your goal this month? Celebrate your success by picking your favorite activity from the calendar repeating it! | 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! Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx | | |