# September 2021

## Elementary Health & Physical Education Calendar

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| National Health Observances:  
- 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 | 5 Get 60!  
**Wall or Roll for 60 minutes.**  
[Walk/Roll](#)  
[Drink Water/Hydration](#) | 6 Labor Day Track Your Water  
**Drink at least 8 cups of water.** | 1 Underhand Toss Practice  
Empty a laundry basket and practice tossing a small object inside. Take a step back each time you make it. | 2 Stay Active  
Be active during recess; don't just walk or sit and talk with friends.  
Be active at home; go outside, run and play. | 3 Let's Move  
Get a pedometer to motivate you to move!  
Walk, run, play soccer, play tag games and count your steps!  
Remember to eat a balanced diet and get enough sleep. | 4 5 Finger Breathing  
Trace your fingers as you breathe |

| 5 Get 60!  
**Wall or Roll for 60 minutes.** | 6 Labor Day Track Your Water  
**Drink at least 8 cups of water.** | 7 Room Dance Challenge  
**Pick a song and dance to it in each room of your house!** | 8 Spread Kindness  
Do something nice for someone in your family. | 9 Paper Plate Skills  
**Perform different skills with plates:**  
Boxing, Clap, Twist, Tap body parts, roller skating or moonwalking, snowplow.  
Can you make up your own paper-plate skills? | 10 Let's Get Movin'!  
Give each room in your house an exercise.  
When you enter that room, do that exercise.  
Do for each room you enter! | 11 Get Your ZZZ's  
**Give your body and brain time to recover overnight!**  
Shut down electronics/blue screens at least an hour before bed!  
**Get at least 7-8 hours of sleep each day this week.** |

| 12 Trash Pick Up  
**Go for a walk today and bring along a bag to pick up trash along the way. See how much you can collect.** | 13 Crazy 8’s  
8 jumping jacks  
8 star jumps  
8 high knees  
8 scissor jumps | 14 Young Chef  
Help with a home cooked meal. | 15 Dance Party  
Have an impromptu dance party today with your family or friends. | 16 Greetings  
**Wave HI on a walk or to another person.** | 17 Body Awareness  
**Creep backward, forward bear crawl, Gallop Slide along the floor Crabwalk, Hopping, matching.** | 18 Family Fun  
**Take your dog for a walk or try a new physical activity with a family member!** |

| 19 Reduce. Reuse. Recycle!  
**How many ways can you help reduce waste? What can you reuse or recycle?**  
Try one of these:  
- Use a reusable lunch bag  
- Turn off lights  
- Limit paper towel use  
- Separate your recycling | 20 Zoom in On Your Mindset  
**Ever find yourself feeling a bit anxious or stressed out about life issues?**  
**Perform:**  
1. Abdominal challenges  
2. Pushup challenges  
3. AMAP power jumpers  
4. AMAP crab kicks  
5. AMAP jump ropes  
AMAP = As Many As Possible | 22 Eat a Rainbow  
Create a meal that has as many colors of the rainbow as possible! | 23 Dance Walker  
**Go for a walk inside or outside and dance as you walk!** | 24 Be Nice!!!  
**Say Thank you to 5 people.** | 25 Balance Challenge  
**Go into each room of your house and try to balance on 1 leg for 1 minute or as long as possible.**  
**Switch legs.** |

| 26 Physical Activity Blast!  
**Your body is meant to MOVE!**  
Choose one:  
- Ride your bike  
- Jump on the trampoline  
- Play catch  
- Shoot some hoops, Play frisbee, Jump rope, Create an obstacle course | 27 Limber Commercial  
**Stretch for at least 10 minutes during commercial breaks while watching TV.** | 28 Snack Attack  
**Add a new veggie to your snack. What does it taste like? How does this food help your body grow?** | 29 Dance Dance  
Create a dance to a favorite song. Try to show it or teach it to someone as well. | 30 Call & Connect  
**Call a friend or family member you haven’t talked to yet this week to say hello and wish them a wonderful day.** | 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) |