<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td><strong>National Health Observances:</strong></td>
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<td><strong>5 Track Your Water</strong></td>
<td><strong>6 Labor Day Room Dance Challenge</strong></td>
<td><strong>7 Discuss Stress</strong></td>
<td><strong>8 Half Lord of the Fishes Pose</strong></td>
<td><strong>9 Try Something New Challenge</strong></td>
<td><strong>10 Develop a Priority Schedule</strong></td>
<td><strong>11 Trash Pick Up</strong></td>
</tr>
<tr>
<td>Can you drink 8 or more glasses today?</td>
<td>Pick a song and dance to it in each room of your house!</td>
<td>How is stress perceived? Should students admit they are worried or stressed? should they discuss with someone or keep emotions to themselves?</td>
<td>Hold for 30 seconds &amp; switch sides.</td>
<td></td>
<td></td>
<td>Go for a walk today and bring along a bag to pick up trash along the way. See how much you can collect.</td>
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<tr>
<td>Drink Water/Hydrate</td>
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<td><strong>12 Find a New Fitness</strong></td>
<td><strong>13 Cooking 101</strong></td>
<td><strong>14 Dance Party</strong></td>
<td><strong>15 Call &amp; Collect</strong></td>
<td><strong>16 Soccer Dribble</strong></td>
<td><strong>17 Commercials</strong></td>
<td><strong>18 Modifying Person Behavior</strong></td>
</tr>
<tr>
<td>Search for a new style of workout or exercise video online and do it with your friends or family. See what you think about trying something new.</td>
<td>Help with a home cooked meal.</td>
<td>Have an impromptu dance party today with your family or friends.</td>
<td>Call a friend or family member you haven’t talked to yet this week to say hello and wish them a wonderful day.</td>
<td></td>
<td></td>
<td>Monitor your activity patterns and record performances and other behaviors including nutrition on personal charts or mobile devices.</td>
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<td><strong>19 Sleep</strong></td>
<td><strong>20 Tabata</strong></td>
<td><strong>21 World Gratitude Day</strong></td>
<td><strong>22 Dance Walker</strong></td>
<td><strong>23 Yogi</strong></td>
<td><strong>24 Squats</strong></td>
<td><strong>25 Don’t Forget About Me</strong></td>
</tr>
<tr>
<td>Are you getting 7-8 hours of sleep each night so you feel your best daily? If not, analyze your bedtime routine. Set a goal to go to bed 15 minutes earlier tonight. Keep going until you hit your goal.</td>
<td>Jump squats 20 seconds of work 10 seconds of rest 8 rounds</td>
<td>Start a gratitude journal, writing down 3 things you are thankful for each day for a week.</td>
<td>Go for a walk inside or outside and dance as you walk!</td>
<td>Hold for 30 seconds, rest and then repeat 4x.</td>
<td>Do as many squats as you can while you brush your teeth.</td>
<td>What food group do you want to add a bit more of in your day? Try to add 1 more serving of it today.</td>
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<tr>
<td><strong>26 Cooking 201</strong></td>
<td><strong>27 Create a Dance</strong></td>
<td><strong>28 National Good Neighbor Day</strong></td>
<td><strong>29 Legs Up</strong></td>
<td><strong>30 Positive Attitude</strong></td>
<td><strong>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!</strong></td>
<td><strong>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) <a href="https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx">https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx</a></strong></td>
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<td>Try making a new healthy recipe this week. This can change up your food and nutrient intakes and add some new recipes to your routine.</td>
<td>Create a dance to a favorite song. Try to show it or teach it to someone as well.</td>
<td>Do a good deed for your neighbor ( rake their leaves, sweep their sidewalk, etc)</td>
<td>Lie on the floor or your bed with your feet up against the wall. Focus on deep and relaxing breathing.</td>
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</table>

**September 2021 Secondary Health & Physical Education Calendar**

**1 Between the Knees**
Gather 3 different balls. Starting with the largest try walking around your house keeping it between your knees.

**2 Sport Play**
Play outside for at least 30 minutes a team sport with at least 3 friends.

**3 5 Finger Breathing**
Trace your fingers as you breathe deeply and slowly. Repeat 4x.

**4 Cardio**
Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.

**5 Track Your Water**
Can you drink 8 or more glasses today?

**6 Labor Day Room Dance Challenge**
Pick a song and dance to it in each room of your house!

**7 Discuss Stress**
How is stress perceived? Should students admit they are worried or stressed? should they discuss with someone or keep emotions to themselves?

**8 Half Lord of the Fishes Pose**
Hold for 30 seconds & switch sides.

**9 Try Something New Challenge**
Try out a new physical activity today for at least 10 minutes. What is something you have wanted to try or maybe haven’t done in a while?

**10 Develop a Priority Schedule**
to help you exercise regularly. Make it a high priority. Must do the exercise before other less important tasks.

**11 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.

**12 Find a New Fitness**
Search for a new style of workout or exercise video online and do it with your friends or family. See what you think about trying something new.

**13 Cooking 101**
Help with a home cooked meal.

**14 Dance Party**
Have an impromptu dance party today with your family or friends.

**15 Call & Collect**
Call a friend or family member you haven’t talked to yet this week to say hello and wish them a wonderful day.

**16 Soccer Dribble**
Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball. No ball? Use a balled-up pair of socks to kick around.

**17 Commercials**
Stretch during every ad that pops up or commercial break while watching your favorite show.

**18 Modifying Person Behavior**
Monitor your activity patterns and record performances and other behaviors including nutrition on personal charts or mobile devices.

**19 Sleep**
Are you getting 7-8 hours of sleep each night so you feel your best daily? If not, analyze your bedtime routine. Set a goal to go to bed 15 minutes earlier tonight. Keep going until you hit your goal.

**20 Tabata**
Jump squats 20 seconds of work 10 seconds of rest 8 rounds

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Start a gratitude journal, writing down 3 things you are thankful for each day for a week.

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Hold for 30 seconds, rest and then repeat 4x.

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