




# December 2016

## Secondary Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>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!</b></p>		<p><b>Safe Toys and Gifts Month (preventing blindness)</b></p> <p><b>NATIONAL HEALTH OBSERVANCE</b></p>		<p>1 Dribble a basketball 200 times with your right hand, then 200 times with your left hand.</p> <p>Make it a competition with your friends!</p>	<p>2 Gather up some friends or family members and have sprint races on the high school track. Who can go the fastest? Be sure to cool down and stretch afterwards!</p>	<p>3 It's holiday season!</p> <p>Help hang up lights and decorations both indoors and outdoors.</p>
<p>4 Exercise Circle!</p> <p>Have every member of the family come up with two exercises for everyone to do.</p> <p>Do 20 reps of each exercise. Vary the muscle groups.</p>	<p>5 Play a game of football, basketball, table tennis, racquetball, or volleyball with some friends!</p>	<p>5 Over-And-Under! Pass the medicine ball (or ball of similar weight) with a partner through the legs and then overhead. Do 15 reps and switch positions.</p> 	<p>7 Hold your arms out in front of you for a minute, out to the side for a minute, and up by your ears for a minute all without taking a break.</p> <p>Sound easy? Find out for yourself!</p>	<p>8 Agility Ladder Drills! Make a ladder on the ground with tape or chalk.</p> <ul style="list-style-type: none"> <li>- High knees (1 foot per square from front of ladder)</li> <li>- In-In-Out-Out (from front and side of ladder)</li> <li>- 2 In-2 Over-2 Out (from front and side of ladder)</li> </ul> <p>Repeat all 5 exercises 5x</p>	<p>9 Yoga!</p> <p>Hold Boat Pose three times for 30 seconds. Do not hold your legs. Practice Eagle Pose from last month, too!</p> 	<p>10 Interval Training!</p> <p>Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute</p> <p>Repeat 5 times. Be sure to cool down and stretch!</p>
<p>11 Community Service! Go buy a <i>safe</i> toy(s) (particularly one that promotes fitness like a soccer ball or hula hoop) with your family. Deliver it to a needy family or giving tree!</p>	<p>12 Stadiums! Go to your local high school bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs!</p>	<p>13 Arms Day!</p> <ul style="list-style-type: none"> <li>20 triceps dips</li> <li>15 push-ups</li> <li>10 wide-arm push-ups</li> <li>5 diamond push-ups</li> </ul>	<p>14 Blare some music and dance around the house or play an interactive game like Just Dance or Wii Sports!</p>	<p>15 Jump rope as fast as you can for 1 minute, then rest for 1 minute.</p> <p>Repeat 5 times.</p>	<p>16 Find a healthy holiday dessert recipe and make it for your family or friends!</p>	<p>17 Bundle up!</p> <p>Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!</p>
<p>18 Take a group fitness class or do a workout video of your choice!</p> <p>Another option is to do step-ups to music for 10 minutes! Get the whole family involved!</p>	<p>19 Side Plank Competition! See which family member can hold a side plank the longest.</p> <p>Do both sides.</p>	<p>20 Jumping Lunges! Really lift those arms and explode off the ground!</p> <p>Repeat three times for 30 seconds. Try and beat your best score!</p>	<p>21 Practice all the jump rope moves we've learned so far: backwards jump, single leg jump, scissor, heel-to-heel, and toe-to-toe. Can you connect them all?</p>	<p>22 Watch a holiday movie with the family!</p> <p>Do conditioning exercises during the commercials (squats, crunches, jumping jacks, push-ups, etc.)</p>	<p>23 Enjoy a day sledding or having a snowball fight. No snow? Be creative and make up a game with your family!</p>	<p>24 Any time you ride in a car today, park as far away as possible from your destination. Get some extra walking steps in!</p>
<p>25 Box Drills! Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards.</p> <p>Go as fast as you can for 1 minute. Repeat 5 times.</p>	<p>26 Try holding a Headstand Pose! Practice on a soft surface, and be careful!</p> 	<p>27 Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p> <p>Do 3 sets of 10 reps. Stay low on the shuffles and keep your feet apart when squatting.</p>	<p>28 Hundred Hold! Lay on your back and slightly lift your back/shoulders and legs off the ground. Pump your arms vigorously within a 6 inch range.</p> <p>Complete 100 reps twice.</p>	<p>29 Keep a food journal of everything you eat this month.</p> <p>Eat sweets in moderation!</p>	<p>30 Compression Ball Push-ups! Do 10 push-ups with a squishy ball under one hand. Switch hands and repeat.</p>	<p>31 Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2016. It could be a jump rope move or to run a further distance without stopping.</p>