## October 2016
### Elementary Physical Activity Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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| 30     | Reverse Tag  
All the other players count to 10 and try to tag the “it” person! Whoever tags the “it” person becomes the “it” for the next round. | 31 | Walking Race  
Pick a distance and challenge a friend to a speed walking race. Remember these safety tips if participating in Halloween festivities:  
1. Don’t eat any unwrapped candy  
2. Stay with your group  
3. Remain on the sidewalks | National Health Observances:  
- Health Literacy Month  
- National Dental Hygiene Month  
- National Bullying Prevention Month | 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. | 1 | Underhand Toss Target Practice  
Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back. |
| 2 | Upward Crescent Moon Pose  
This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat. | 3 | 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 | Walk and Talk  
Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied. | 6 | Read & Move  
Pick a book to read and select an “action word” that will be repeated often. When the “action word is read stand up and sit down. | 8 | Revolved Triangle Pose  
Hold for 30-60 seconds on each side to target hamstrings and shoulders. |
| 9 | Animal Charades  
Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess! | 10 | Jump Rope  
See how many times you can jump backwards in a row. | 11 | Brush Your Teeth Shake  
While brushing your teeth move your hips in the same motion as your toothbrush. | 13 | Parachute  
With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet. | 15 | Crazy 8’s  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can)  
Repeat 3 times |
| 16 | Just play!  
Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it’s up to you! | 17 | Cardio and Stretch  
Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose. | 18 | Line Jumps  
Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat. | 19 | Yoga Combo  
Try all of the poses from this month back-to-back. End with Savasana from last month. | 21 | Skaters  
Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds. |
| 23 | Crabby Clean Up  
Tidy up while walking like a crab! Carry items on your belly across the room to put them away. | 24 | Side Seated Angle Pose  
Hold for 30-60 seconds on each side to target the hamstrings and calves. | 25 | Attached at the Hip  
Place a ball between you & partner’s hips. Try to walk across the room without letting the ball drop. | 26 | Crazy 8’s  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can)  
Repeat 3 times | 27 | 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 | 28 | Read & Move  
Pick a book to read and select an “action word” that will be repeated often. When the “action word is read stand up and sit down. | 29 | Clap and Catch  
Throw a ball or soft object up into the air. See how many times you can clap before you catch it |

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