





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>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.</p>	<p>31</p> <p>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</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> • Health Literacy Month • National Dental Hygiene Month • National Bullying Prevention Month 		<p>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.</p>		<p>1</p> <p>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.</p>
<p>2</p> <p>Upward Crescent Moon Pose</p>  <p>This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p>	<p>3</p> <p>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</p>	<p>4</p> <p>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.</p>	<p>5</p> <p>Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?</p>	<p>6</p> <p>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.</p>	<p>7</p> <p>Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>8</p> <p>Revolved Triangle Pose Hold for 30-60 seconds on each side to target hamstrings and shoulders.</p> 
<p>9</p> <p>Animal Charades Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess!</p>	<p>10</p> <p>Jump Rope See how many times you can jump backwards in a row.</p>	<p>11</p> <p>Brush Your Teeth Shake While brushing your teeth move your hips in the same motion as your toothbrush.</p>	<p>12</p> <p>Side Seated Angle Pose</p>  <p>Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>13</p> <p>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.</p>	<p>14</p> <p>Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>15</p> <p>Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>
<p>16</p> <p>Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>17</p> <p>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.</p>	<p>18</p> <p>Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>19</p> <p>Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>20</p> <p>Create a Dance Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin.</p>	<p>21</p> <p>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.</p>	<p>22</p> <p>Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around</p>
<p>23</p> <p>Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>24</p> <p>Side Seated Angle Pose</p>  <p>Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>25</p> <p>Attached at the Hip Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.</p>	<p>26</p> <p>Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>27</p> <p>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</p>	<p>28</p> <p>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.</p>	<p>29</p> <p>Clap and Catch Throw a ball or soft object up into the air. See how many times you can clap before you catch it</p>