### October 2016
#### Secondary Physical Activity 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>
<tbody>
<tr>
<td><strong>30</strong> Over-And-Under</td>
<td><strong>31</strong> Walking Race</td>
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<td>National Health Observances:</td>
<td>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.</td>
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| With your back to your partner, stand about a foot apart. One person will start with the medicine ball (or any ball.) Pass the ball to your partner through your legs then extend your arms up to retrieve it. | 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 |  |  | • Health Literacy Month  
• National Dental Hygiene Month  
• National Bullying Prevention Month  
• Red Ribbon Week Oct. 23-31 |  | Hold 30-60 seconds on each side to target hamstrings & shoulders. |
| **2** 10-10-10 |  |  |  |  |  |  |
| Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after. | 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 | Leg Day  
20 forward lunges (each leg)  
40 squats  
40 calf raises  
1 minute wall sit Revolved Triangle Pose for 60s each side | 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?  
Foot Fire  
In a semi-squat position, tap your feet rapidly for 10sec then jump to the right and repeat, then jump to the left and repeat. Complete 3x for 60 seconds. | Between the Knees  
Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees. |  |
| **9** Walk and Think |  |  |  |  |  |  |
| How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied. | Jump Rope  
See how many times you can jump backwards in a row. | Planks with Push-Ups  
Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest. | Side Seated Angle Pose  
Hold for 30-60 seconds on each side to target the hamstrings and calves.  
Walk and Think  
How would you feel if a friend was being bullied? Think about ways you could help a person who is being bullied. | Just Dance  
Put on your favorite song and just dance for the entire song. |  |
| **16** Walk and Talk |  | Line Jumps |  |  |  |  |
| 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 | Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose. | Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat. | Yoga Combo  
Try all of the poses from this month back-to-back. End with Savasana from last month.  
Core Challenge  
Plank 10 seconds  
10 crunches  
10 sit ups Repeat 5 times with no rest! | 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** Walk and Think |  |  |  |  |  |  |
| Red Ribbon Week is drug prevention week. Take a 10 minute walk, think about reasons why you want to be drug-free. | Hold for 30-60 seconds on each side to target the hamstrings and calves. | Attached at the Hip  
Place a ball between you & partner’s hips. Try to walk across the room without letting the ball drop. | Crazy 8’s  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can) Repeat 3 times | High Skips  
Do five sets of 10 high skips. Really lift those arms and knees! | Balloon Tennis  
Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand |
| **29**  |  |  |  |  |  |  |

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