

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 <b>Over-And-Under</b> 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.</p>	<p>31 <b>Walking Race</b> 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><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>• Health Literacy Month</li> <li>• National Dental Hygiene Month</li> <li>• National Bullying Prevention Month</li> <li>• Red Ribbon Week Oct. 23-31</li> </ul>		<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.</b></p>		<p>1 <b>Revolved Triangle Pose</b> Hold 30-60 seconds on each side to target hamstrings &amp; shoulders.</p> 
<p>2 <b>10-10-10</b> 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.</p>	<p>3 <b>Do this:</b> -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 <b>Leg Day</b> 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Revolved Triangle Pose for 60s each side</p>	<p>5 <b>Single Leg Jump Rope</b> 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 <b>Foot Fire</b> 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.</p>	<p>7 <b>Between the Knees</b> Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>8 <b>Upward Crescent Moon Pose</b>  This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 
<p>9 <b>Walk and Think</b> 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.</p>	<p>10 <b>Jump Rope</b> See how many times you can jump backwards in a row.</p>	<p>11 <b>Planks with Push-Ups</b> Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	<p>12 <b>Side Seated Angle Pose</b>  Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>13 <b>Walk and Think</b> How would you feel if a friend was being bullied? Think about ways you could help a person who is being bullied.</p>	<p>14 <b>Just Dance</b> Put on your favorite song and just dance for the entire song.</p>	<p>15 <b>Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>
<p>16 <b>Walk and Talk</b> 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>17 <b>Cardio and Stretch</b> 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 <b>Line Jumps</b> Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>19 <b>Yoga Combo</b> Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>20 <b>Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>21 <b>Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>22 <b>Catch with a Catch</b> 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 <b>Walk and Think</b> <b>Red Ribbon Week</b> is drug prevention week. Take a 10 minute walk, think about reasons why you want to be drug-free.</p> 	<p>24 <b>Side Seated Angle Pose</b>  Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>25 <b>Attached at the Hip</b> Place a ball between you &amp; partner's hips. Try to walk across the room without letting the ball drop.</p>	<p>26 <b>Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>27 <b>Do this:</b> -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 <b>High Skips</b> Do five sets of 10 high skips. Really lift those arms and knees!</p>	<p>29 <b>Balloon Tennis</b> Blow up a balloon and with a partner hit the balloon back &amp; forth. Use forehand and backhand</p>