



November 2012

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>NASPE 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</p>		<p>1 <u>Flexible Alphabet</u></p> <p>Can you make your body look like every letter in the alphabet?</p>	<p>2 <u>Skill Practice</u></p> <p>Dribble any ball 100 times with your dominant hand. Switch and do 100 with your non-dominant hand.</p>	<p>3</p> <p>Go for a walk with a grandparent or adult relative who takes care of you.</p>
<p>4</p> <p>Make a hopscotch court and play with your family</p>	<p>5 <u>Jump Rope</u></p> <p>Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p>6</p> <p>Gather your friends and play a few games capture the flag</p>	<p>7 <u>Line Jumps</u></p> <p>Stand in front of a line; jump forward and backward 50 times. Go side to side 50 times. Phew!</p>	<p>8</p> <p>Grab a racket and a ball and make up a game</p>	<p>9 <u>Stork Tag</u></p> <p>Play tag while hopping on one leg like a stork. Stay inside a small boundary.</p>	<p>10</p> <p>See how fast you can run one mile. Have a family member time you!</p>
<p>11</p> <p>Practice your catching skills by catching a ball thrown to you by someone else. Can you catch it 100 times in a row?</p>	<p>12 <u>Cobra Stretches</u></p> <p>Lie face down and push your chest off the ground for 20 seconds. Do 10 times.</p>	<p>13 <u>Soccer Juggle</u></p> <p>See how many times in a row you can juggle a soccer ball using only your knees. 20?</p>	<p>14</p> <p>Create a new game with a friend today using a ball and a paddle. Teach this game to other friends.</p>	<p>15 <u>Inchworms</u></p> <p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>	<p>16 <u>Fine Motor Mania</u></p> <p>Try and put together a big puzzle with your friends.</p>	<p>17 <u>Step Jumps</u></p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>
<p>18</p> <p>Gather up all the kids in your neighborhood and play hide and go seek!</p> <p>Be Careful!</p>	<p>19</p> <p>Hold Yoga's Warrior 3 Pose. Balance on one foot and make your body look like a table. One leg straight back and both arms stretched straight out front.</p>	<p>20 <u>Soccer Juggle</u></p> <p>See how many times in a row you can juggle a soccer ball using only your knees. 20?</p>	<p>21 <u>Rock Paper Scissors Tag</u></p> <p>Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p>22 <u>Leg Throws</u></p> <p>Lie on back, hold partner's ankles. Lift legs and partner will throw them down. Don't let the hit the ground</p>	<p>23 <u>Golf Practice</u></p> <p>Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.</p>	<p>24</p> <p>Hang up an old bike tire and practice throwing a football through it. How far away can be and still make it?</p>
<p>25 <u>Family Adventure</u></p> <p>Go for a walk with your family on a trail you've never traveled before</p>	<p>26 <u>Batting Practice</u></p> <p>Grab a bat and ball and have someone pitch to you while you practice hitting! Eye on the ball!</p>	<p>27</p> <p>Play your favorite tag game at recess today. If you don't have recess, play it after school with some friends.</p>	<p>28</p> <p>Ride a bike for at least an hour. Don't have a bike? Go for a walk/jog! Or do bicycle crunches.</p>	<p>29</p> <p>Put your favorite song on and make up a dance to it!</p> <p>Perform the dance in front of someone else</p>	<p>30 <u>Bicycles</u></p> <p>Lie on your back and move your legs like your riding a bicycle to strength your stomach muscles.</p>	