
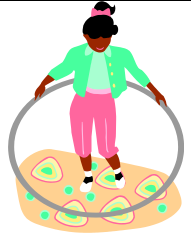









October 2009

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE).</p> <hr style="width: 20%; margin: 10px auto;"/>			<p>1 Play tag with your friends during recess. Can you run the entire time?</p>	<p>2 Jump rope after school. 10 X 10 jumps = 100 jumps. Can you do this five times? How many jumps is that?</p>	<p>3 Ride your bike today or go for a long walk with a grown-up.</p>
<p>4 Use empty water bottles to make a bowling set at home. Play with friends and family.</p>	<p>5 Spend recess climbing on the monkey bars. Use your arms and pull hard.</p> 	<p>6 Think of five ways to balance on two different body parts. Hold for 10 sec.</p>	<p>7 Play leapfrog with a friend in the grass.</p> 	<p>8 Play catch with a friend-can you both catch the ball 50 times?</p>	<p>9 Can you sit and spin on a smooth floor?</p>	<p>10 Spell your first and last name using your body to make the letters.</p> 
<p>11 Use a box or basket as a target and throw a sock ball into the target. Step away to throw farther.</p>	<p>12 Pick your five favorite animals. Act them out and see if a friend can guess. Now let your friend pretend and you guess.</p>	<p>13 Bounce a ball 50 times with your right hand. Now bounce 50 times with your left hand. Now change hands and bounce right, left for 50 more.</p>	<p>14 Can you throw a Frisbee® far? No Frisbee®? Use a paper plate or the plastic lid off a can.</p>	<p>15 Strike a balloon back and forth with a friend or family member. Can you strike it 50 times in a row?</p>	<p>16 Play the game "I See" with a friend. When you say what you see, then everybody pretends to be that thing. Take turns.</p>	<p>17 Move like a bird. Fly high, low, fast, slow. Hop along the ground from place to place. Jump high!</p>
<p>18 Kick a ball at a target. Chase after it and do it again. Use the inside of your foot.</p>	<p>19 Play hide and seek at recess. Find a good place to hide and run there fast!</p>	<p>20 Jump many different ways. High jumps, long jumps, short jumps. Swing your arms out to go far!</p>	<p>21 Can you make a twisted shape with your body standing up? Now make a twisted shape lying down.</p>	<p>22 Football season-can you throw and catch a ball 50 times with a friend. Practice throwing a spiral.</p>	<p>23 Practice soccer dribbling during recess today.</p> 	<p>24 Go out with an adult for a jog and power-walk adventure.</p>
<p>25 Find a nice park and go out for a family hike. Can you identify any of the falling leaves?</p>	<p>26 Play two-square on a sidewalk with a friend.</p>	<p>27 Old-fashioned fall fun-play hopscotch on the playground today.</p> 	<p>28 Skip everywhere you go when you are outside today.</p>	<p>29 Practice walking around and dribbling a ball with your hands at the same time.</p>	<p>30 Strike a ball against an outside wall, let it bounce. Hit it back again with one or two hands. How many in a row can you go?</p>	<p>31 Pretend you are a train and travel all around the neighborhood with friends.</p>