
















# January 2010

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>31</b> Sit on a floor with your legs tucked up and spin. Ten times in one direction, now try the other direction.</p>		<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit <a href="http://www.naspeinfo.org/observePE">www.naspeinfo.org/observePE</a> for an observation assessment tool.</p>			<p><b>1</b> Dance today with family and friends.</p> 	<p><b>2</b> Outside fun today-take a long walk around the neighborhood.</p>
<p><b>3</b> Get strong core muscles by sitting in a v-sit and holding it for ten seconds. Try this ten times today.</p>	<p><b>4</b> Play 50 Ways to Get There with a friend. Name a way to travel across a playground, yard or field. Do it! Take turns naming a new way. Can you find 50 ways?</p>	<p><b>5</b> Play some four-square today on the playground. No court? Play two square on a sidewalk.</p>	<p><b>6</b>  Jumping jacks! How many can you do before you get tired?</p>	<p><b>7</b> Try some seat drops. Stand in front of a chair and sit just until your legs touch the chair. Don't rest on your behind-come back up. Do 10 of these 10 times today.</p>	<p><b>8</b> Let's get strong arms! Can you do a push up? Try to do 5 push-ups 10 times today.</p>	<p><b>9</b> Sprint back and forth across your yard today. Do this 10 times. Now race a friend!</p>
<p><b>10</b> Find something fun to do outside-build a snowman, go sleigh-riding, snow shoe, or ski. No snow? You can still run, bike, or walk.</p>	<p><b>11</b> Pretend you are swimming and move your arms for 100 strokes. Now lay on your belly and flutter your arms AND your legs 100 times.</p>	<p><b>12</b>  Try some hopscotch today during recess. No courts? Use sidewalk chalk to make your own.</p>	<p><b>13</b> Pretend you are a puppy dog and run around on all fours!</p>	<p><b>14</b> Do curl ups today-w/a stuffed animal. Sit up, leave your toy at your feet. Sit back. When you come back up get your toy. Can you do 10 curl ups, 10 different times?</p>	<p><b>15</b> Play tug-of-war on the playground today.</p> 	<p><b>16</b> Have a crabwalk race with your friends-inside or outside!</p>
<p><b>17</b> Throw and catch a football with a friend or family member today. Try to throw a spiral.</p>	<p><b>18</b> Jump rope today-set a new record. Can you jump 100 times in a row? Try 200. Are you able to jump an amazing 300 times?</p>	<p><b>19</b> Sit on the floor and lift your legs-pretend you are pedaling a bike in the air. Do this 5 times today.</p>	<p><b>20</b> Run some relay races with your friends during recess.</p> 	<p><b>21</b> Can you march every place you go today? Pick your knees up high!</p>	<p><b>22</b> Target practice. Go outside and practice throwing a ball at a trash can. After you hit it 10 times, take two steps back and try again. Can you hit it?</p>	<p><b>23</b> Go outside and hula hoop today. Try for 100 times.</p> 
<p><b>24</b> Practice jumping different ways. What can you do with your legs when you are in the air?</p> 	<p><b>25</b> Move around like ten different animals. You can do this inside or outside.</p> 	<p><b>26</b>  Build a snowman. No snow? Pretend to build a snowman.</p>	<p><b>27</b> Can you jog around the playground the entire time you have recess?</p>	<p><b>28</b>  Dribble a soccer ball around your yard or a park. Try feet then hands.</p>	<p><b>29</b>  Throw a catch a Frisbee® with a friend. Can you throw/catch 100 times?</p>	<p><b>30</b> Play tag today-can you and your friends make up a new game?</p>