




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 <u>Target Practice</u> Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p>	<p>2 <u>Tea Cup Tip-ups</u> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>3 <u>How Fast Can You Go?</u> Have a running race with 5 different friends today.</p>	<p>4 See how many times you can run around the outside of your school without stopping. Check your pulse when you finish.</p>	<p>5 Gather a group of your friends and see how fast you can clean up all the trash around your neighborhood. Don't forget to recycle.</p>
<p>6 <u>Locomotor Tag</u> Play tag and each round use a different locomotor movement such as skipping, galloping, sliding, running and walking.</p>	<p>7 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?</p>	<p>8 <u>Juggling</u> Practice Juggling w/ a sock or soft balls. Use at least two. Can you juggle three?</p>	<p>9 Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>10 <u>Golf Practice</u> Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.</p>	<p>11 Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p>12 <u>Ice Skating</u> Go ice skating today. No ice? Try rollerblading or roller skating</p>
<p>13 <u>Family Adventure</u> Go for a walk with your family on a trail you've never traveled before.</p>	<p>14 <u>Crawl Like a Seal</u> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>15 Practice your chest passes against a brick wall. Remember to step towards your target.</p>	<p>16 Create a new game with a friend today using a ball and a paddle. Teach this game to other friends.</p>	<p>17 <u>Rock Paper Scissors Tag</u> Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p>18 Grab a racket and a ball and make up a game</p>	<p>19 Go to the nearest basketball court and see how many lay-ups you can make out of 10 tries with your right hand. Left hand? Can you make 6?</p>
<p>20 Gather up the whole family &amp; make up a game with a ball and a goal.</p>	<p>21 <u>Inchworms</u> Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>	<p>22 Play your favorite tag game at recess today. If you don't have recess, play it after school with some friends.</p>	<p>23 Write down all of the active words you can think of. When you're finished go act them out!</p>	<p>24 Put your favorite song on and make up a dance to it!  Perform the dance in front of someone else</p>	<p>25 <u>Makeshift Bowling</u>  Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? Spare?</p>	<p>26 <u>Step Jumps</u> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>
<p>27 Go for a walk with a grandparent or adult relative who takes care of you.</p>	<p>28 <u>Batting Practice</u> Grab a bat and ball and have someone pitch to you while you practice hitting! Eye on the ball!</p>	<p>29 Use playdough to create a sculpture of your favorite athlete.</p>	<p>30 <u>Practice the Crow</u> Place your hands on the ground and lean forward resting your knees on your elbows</p>	<p><b>AAHPERD 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!</b></p>		