


# December 2013

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>Snow?</u> Get outside and help your family shovel snow. Dress warm!	2 Go for a walk with a grandparent or adult relative who takes care of you.	3 <u>Balloon Dancing</u> Stand Back to back with a partner, put some music on and dance without dropping the balloon.	4 <u>Batting Practice</u> Grab a bat and ball and have someone pitch to you while you practice hitting! Eye on the ball!	5 <u>Make Your Own Stilts</u> Strap tin cans to the bottom of your feet and see if you can walk without falling.	6 <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.	7 <u>Wheel Barrow Race</u> Teams of two. Hold your partners feet while they walk on their hands. Race to the finish. Be careful.
8 <u>Stork Tag</u> Play tag while hopping on one leg like a stork. Stay inside a small boundary.	9 Go to your local park or school and play on the playground equipment	10 <u>Use Your Imagination</u> Make up a game using a football, a hula hoop, jumping jacks, squats and running.	11 <u>Wall Ball</u> Get a partner, a ball and 2 rackets. Alternate hitting a ball against and letting it bounce only once.	12 <u>Line Jumps</u> Stand in front of a line; jump forward and backward 50 times. Go side to side 50 times. Phew!	13 <u>How Fast Can You Go?</u> Have a running race with 5 different friends today.	14 <u>Fine Motor Mania</u> Try and put together a big puzzle with your friends.
15 <u>Ice Skating</u> Go ice skating today. No ice? Try rollerblading or roller skating	16 <u>Obstacle Course</u> Gather up some friends and create an obstacle course. Who can complete is faster?	17 <u>Wall Pushups</u> Do some pushups against as a wall to build strong upper body muscles.	18 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	19 <u>Basketball</u> Practice shooting some hoops with a friend.	20 Put your favorite song on and make up a dance to it!  Perform the dance in front of someone else	21 <u>Skill Practice</u> Dribble any ball 100 times with your dominant hand. Switch and do 100 with your non-dominant hand.
22 <u>Scavenger Hunt</u> Split into two teams; make a list of 20 things related to winter and race to see which team can gather them first.	23 <u>Family Adventure</u> Go for a walk with your family on a trail you've never traveled before.	24 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.	25 <u>Yoga</u> Improve your flexibility by holding yoga's downward dog position.	26 <u>Soccer Juggle</u> See how many times in a row you can juggle a soccer ball using only your knees. 20?	27 <u>Jump Rope</u> Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.	28 Write down all of the active words you can think of. When you're finished go act them out!
29 Use playdough to create a sculpture of your favorite athlete.	30 <u>Skill Practice</u> Dribble any ball 100 times with your dominant hand. Switch and do 100 with your non-dominant hand.	31 Pick your favorite activity from this month and repeat it!	<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>		 <b>ING RUN FOR SOMETHING BETTER®</b>	