




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  <p>ING RUN FOR SOMETHING BETTER™</p> | <p>SHAPE America 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>Golf Practice</u> Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.</p> | <p>2 See how many times you can run around the outside of your school without stopping. Check your pulse when you finish.</p> | <p>3 Gather up the whole family and make up a game with a goal and 2 balls.</p> |
| <p>4 <u>Locomotor Tag</u> Play tag and each round use a different locomotor movement such as skipping, galloping, sliding, running and walking.</p> | <p>5 <u>Cobra Stretches</u> Lie face down and push your chest off the ground for 20 seconds. Do 10 times.</p> | <p>6 You're a Frog! Practice your frog jumps by traveling as far as you can in 30 sec. Repeat 5 times trying to get farther each time.</p> | <p>7 <u>Pendulum Stretches</u> Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.</p> | <p>8 Practice Walking at Different Paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions.</p> | <p>9 <u>Jumping Beans</u> Be creative and see how many different ways you can jump rope. Teach a friend.</p> | <p>10 <u>Stork Tag</u> Play tag while hopping on one leg like a stork. Stay inside a small boundary.</p> |
| <p>11 <u>Family Adventure</u> Go for a walk with your family on a trail you've never traveled before</p> | <p>12 Dribble a ball 100 times with your right hand. Switch to your left. Can you do it successfully while moving?</p> | <p>13 <u>Everybody IT Tag</u> Everybody's it! If you get tagged sit down. Your still it. Tag people as they run by. Last one up wins!</p> | <p>14 Go to the nearest baseball/softball diamond and play some games of pickle with a group of friends.</p> | <p>15 Go to the school or neighborhood playground and have some free play for at least an hour?</p> | <p>16 <u>Grass-Cutters</u> Practice running backwards. Stay low, and stay on the balls of your feet.</p> | <p>17 See how many times you can run around the outside of your house without stopping. Check your pulse when done.</p> |
| <p>18 Practice balancing on one foot on a step chair or low timber. Use your balance helpers!</p> | <p>19 <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>20 Use playdough to create a sculpture of your favorite athlete.</p> | <p>21 Hold Warrior 1 for 1 minute on both sides A forward lunge with both arms sticking straight up in the air</p> | <p>22 Grab a racket and a ball and make up a game</p> | <p>23 <u>Makeshift Bowling</u> Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? Spare?</p> | <p>24 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>25 Hang up an old bike tire and practice throwing a football through it. How far away can be and still make it?</p> | <p>26 <u>Jug Ball</u> Play catch with two milk cartons with the bottom cut off and a tennis ball</p> | <p>27 <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>28 <u>Juggling</u> Practice Juggling w/ a sock or soft balls. Use at least two. Can you juggle three?</p> | <p>29 <u>Human Arch</u> Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> | <p>30 Gather a group of students and play your favorite tag game at recess today</p> | <p>31 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p> |