

January 2014 Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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!</p>			<p>1 Band Aid Tag When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed</p>	<p>2 Flexible Alphabet Can you make your body look like every letter in the alphabet?</p>	<p>3 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>4 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>5 Practice Walking at Different Paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p>	<p>6 Yoga Improve your flexibility by holding yoga's downward dog position.</p>	<p>7 Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend.</p>	<p>8 Football Practice throwing a football with some friends. Can you throw a spiral?</p>	<p>9 Golf Practice Lay a hula hoop on the ground and practice chipping a golf ball into the hoop. Be careful.</p>	<p>10 Stork Tag Play tag while hopping on one leg like a stork. Stay inside a small boundary.</p>	<p>11 Scavenger Hunt Split into two teams; make a list of 20 things related to winter and race to see which team can gather them first.</p>
<p>12 Gymnastics Practice your backward summersaults. Remember to tuck your chin to your chest.</p>	<p>13 Crawl Like a Seal 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>14 Basketball Practice shooting some hoops with a friend.</p>	<p>15 Carioca Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p>16 Wheel Barrow Race Teams of two. Hold your partners feet while they walk on their hands. Race to the finish. Be careful.</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 Cobra Stretches Lie face down and push your chest off the ground for 20 seconds. Do 10 times.</p>
<p>19 Balloon Dancing Stand Back to back with a partner, put some music on and dance without dropping the balloon.</p>	<p>20 Use Your Imagination Make up a game using a football, a hula hoop, jumping jacks, squats and running.</p>	<p>21 Side to Side Jumps Stand on the side of a small object. Face forward and jump back and forth as many times as you can in 1 minute. Try and beat your score!</p>	<p>22 Hula Hoops Grab a friend and a hula hoop and see who can hula hoop the longest</p>	<p>23 Soccer Time Practice dribbling a soccer ball at different speeds.</p>	<p>24 Bicycles Lie on your back and move your legs like your riding a bicycle to strength your stomach muscles.</p>	<p>25 Ice Skating Go ice skating today. No ice? Try rollerblading or roller skating</p>
<p>26 Obstacle Course Gather up some friends and create an obstacle course. Who can complete is faster?</p>	<p>27 Practice your basketball dribbling skills outside. Behind the back? Between the legs? High? Low? Fast?</p>	<p>28 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>29 Makeshift Bowling Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? Spare?</p>	<p>30 Rock Paper Scissors Tag Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p>31 Target Practice Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p>	