









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p><b>How Fast Can You Go? ♥</b></p> <p>Pick a distance and see how fast you can run the distance.</p>	<p>2</p> <p><b>Band Aid Tag ♥</b></p> <p>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>3</p> <p><b>Make Your Own Stilts</b></p> <p>Strap tin cans to the bottom of your feet and see if you can walk without falling.</p>	<p>4</p> <p><b>Just Dance ♥</b></p> <p>Put your favorite song on and make up a dance to it!</p>	<p>5</p> <p><b>Follow the Leader ♥</b></p> <p>Play Follow the Leader... with exercises! You can run, skip, and even dance!</p> <p><b>Wear red!</b></p>	<p>6</p> <p><b>Catch</b></p> <p>Throw and catch with a partner(s). Practice using a variety of balls (e.g. a football, whiffle ball, and basketball.)</p>
<p>7</p> <p><b>Balloon Bounce</b></p> <p>With a partner or by yourself try to keep a balloon in the air as long as you can.</p>	<p>8</p> <p><b>Jumping Beans ♥</b></p> <p>Be creative and see how many different ways you can jump rope. Teach a friend.</p>	<p>9</p> <p><b>Carioca ♥</b></p> <p>Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p>10</p> <p><b>Red Light, Green Light</b></p> <p>Alternate rounds by hopping, galloping, running, sliding, skipping, and leaping.</p>	<p>11</p> <p><b>Jump Rope ♥</b></p> <p>Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p>12</p> <p><b>Shoulder Shrugs</b></p> <p>Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>13 <b>Flamingo Pose</b></p> <p>Balance on one leg lifting the opposite leg back to hip height.</p> 
<p>14</p> <p><b>Reverse Tag ♥</b></p> <p>All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes the "it" for the next round</p>	<p>15</p> <p><b>Crawl Like a Seal ♥</b></p> <p>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>16</p> <p><b>Sock Skating</b></p> <p>Wearing only your socks try skating around your kitchen floor.</p>	<p>17 <b>Frog Pose</b></p> <p>Squat down like a frog with your hands by your feet.</p> 	<p>18</p> <p><b>Crazy 8's ♥</b></p> <p>8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>19</p> <p><b>Active Word Showdown</b></p> <p>Write down all of the active words you can think of. When you're finished go act them out!</p>	<p>20</p> <p><b>Around the House ♥</b></p> <p>See how many times you can run around the outside of your house without stopping. Check your pulse when done.</p>
<p>21 <b>Jump, Jump ♥</b></p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back.</p> <p>Repeat each jump twice and try to beat your score!</p>	<p>22</p> <p><b>Use Your Imagination</b></p> <p>Make up a game using a football, a hula hoop, jumping jacks, squats and running.</p>	<p>23</p> <p><b>Clap and Catch</b></p> <p>Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>24</p> <p><b>Skier Jump Rope ♥</b></p> <p>While jumping rope jump side-to-side while keeping your feet together.</p>	<p>25</p> <p><b>Cardio and Stretch ♥</b></p> <p>Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>26</p> <p><b>Frog Jump ♥</b></p> <p>From the frog pose position, jump up and down and around your house. Have a frog race!</p>	<p>27 <b>Commercial Break</b></p> <p>During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?</p>
<p>28</p> <p><b>Kick City ♥</b></p> <p>20 side kicks 20 front kicks 20 back kicks</p>	<p>29 <b>Snake/Cobra Pose</b></p> <p>Lay down on your stomach and your chest bringing your arms back.</p> 	<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>American Heart Month</li> <li>National Children's Dental Health Month</li> <li>Teen Dating Violence Awareness Month</li> <li>Feb. 5<sup>th</sup> National Wear Red Day</li> <li>Feb. 7<sup>th</sup> National Black HIV/AIDS Awareness Day</li> </ul> <p>♥= Heart Healthy Activities</p>			<p><b>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!</b></p>	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day. ♥	2 <b>4 for 10 ♥</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	3 <b>Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	4 <b>Jump! ♥</b> 10 vertical jumps 10 broad jumps 10 side-to-side jumps	5 <b>High Skips ♥</b> Do five sets of 10 high skips.  Really lift those arms and knees <b>Wear red!</b>	6 10 front kicks 10 switch lunges 10 squats, on the 10 <sup>th</sup> squat hold and complete 10 boxing punches.♥
7 <b>10 Star Jumps ♥</b> Feet shoulder width apart, bend your knees and jump separating your arms & legs to make the shape of a star.	8 <b>Exercise Ball Balance</b> Replace your desk chair or seat while watching TV for an exercise ball for 10 minutes.	9 <b>10 High Knee Twists ♥</b> Bring your knee to your opposite elbow and switch. For a challenge add a hop when switching sides.	10 <b>Planks with Push-Ups</b> Hold a plank for 10 seconds, followed by 2 push-ups.  Try to complete 6 reps without rest.	11 <b>Jump Rope ♥</b> Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.	12 <b>Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	13 <b>Flamingo Pose</b> Balance on one leg lifting the opposite leg back to hip height. 
14 <b>Low Reverse Lunge</b> Complete 10 reverse lunges keeping your body in a low position. Make sure your low to really feel the burn!	15 <b>Slide, Slide, Sprint ♥</b> Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.	16 <b>Leg Day ♥</b> 10 forward lunges (each leg) 10 squats 10 calf raises 1 minute wall sit Stretch	17 <b>Frog Pose</b> Squat down like a frog with your hands by your feet. 	18 10 jumping jacks 10 tuck jumps 10 high knees 10 scissor jumps ♥	19 <b>Shuffle Squat ♥</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	20 <b>Rise and Squat!</b>  When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.
21 <b>Jump, Jump ♥</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back.  Repeat each jump twice and try to beat your score!	22 <b>Side Lunges</b> 10 side lunges left 10 side lunges right	23 <b>10 Fly Jacks ♥</b> Done like a normal jumping jack except bring your arms to the side to form a T. Open & close your arms in front as you move your feet.	24 <b>Balance</b> Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.	25 <b>Wall Sit</b> Find an empty space on the wall and pretend to be sitting in a chair. Hold for 10 seconds. Repeat two more times.	26 <b>Reverse Lunges to Front Kicks</b> Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.	27 <b>10 Power Skips ♥</b> Skip normally really swinging your arms and bringing your knee up high.
28 <b>Kick City ♥</b> 10 side kicks 10 front kicks 10 back kicks	29 <b>Snake/Cobra Pose</b> Lay down on your stomach and your chest bringing your arms back. 	<b>National Health Observances:</b>			<b>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!</b>	
		<ul style="list-style-type: none"> <li>• American Heart Month</li> <li>• National Children's Dental Health Month</li> <li>• Teen Dating Violence Awareness Month</li> <li>• Feb. 5<sup>th</sup> National Wear Red Day</li> <li>• Feb. 7<sup>th</sup> National Black HIV/AIDS Awareness Day</li> </ul> <p>♥= Heart Healthy Activities</p>				