



# December 2015

## Elementary Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>						
<p>6 Bowling!</p> <p>Set up some empty bottles or cans and try to knock them down.</p> <p>Can you get a spare? Strike?</p>	<p>7 Practice your basketball passing!</p> <p>10 Chest passes 10 Bounce passes 10 Overhead passes 10 Behind the Back passes</p>	<p>8</p> <p>Have your kids help you make a healthy dinner. Be sure to include fruits and vegetables!</p>	<p>9 Hopscotch!</p> <p>Use tape to make a game on your floor or chalk to make a game on the sidewalk.</p>	<p>10</p> <p>Make up a dance routine using 8-12 steps.</p> <p>Practice the dance then teach it to someone else!</p>	<p>11 Jump Rope!</p> <p>Try Single Side Swing and Jump! Twirl the rope to the left side, jump over rope; twirl the rope to the right side, jump over rope. Repeat 10 times.</p>	<p>12 Clean-up Race!</p> <p>Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a friend or sibling? Each pick a room to clean and race each other!</p>
<p>13 Community Service!</p> <p>Go buy a <i>safe</i> toy(s) with your family. Deliver it to a needy family or giving tree!</p> <p>Discuss ways to prevent blindness and ways to be safe when playing with toys.</p>	<p>14 Inch Worms!</p> <p>Start standing up; hinge at the hips and walk your hands out until you have a flat back and are completely supported on your hands and toes. Walk your feet forward to meet your hands and stand back up. Repeat 8-10 times.</p>	<p>15 Play Mother May I!</p> <p>Some suggestions include galloping three times, leaping twice, skipping four times, sliding three times, and running for three seconds.</p>	<p>16 Animal Races!</p> <p>Hop like a bunny, squat and waddle like a duck, and slither like a snake. Remember the bear walks and walrus crawls from last month? Do those, too!</p>	<p>17</p> <p>Practice your right leg split, left leg split, and middle split. Hold each one for 30 seconds.</p>	<p>18 Hold Boat Pose three times for 15 seconds. Practice Dancer Pose and Crescent Lunge Twist from last month, too!</p> 	<p>19 Bundle up!</p> <p>Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!</p>
<p>20 Cardio and Abs!</p> <p>5 burpees 10 frog jumps 15 Russian twists (each side) 20 second plank</p>	<p>21 Push over Mom and Dad!</p> <p>Plant your feet and see if your kids can budge you. If you move a foot, the kids wins! To make it easier for younger ones, stand on one foot.</p>	<p>22 10 arm circles (forward and backward) 10 shoulder shrugs (forward and backward) 10 standing trunk rotations (hands on hips or straight out to side).</p>	<p>23 Pretend you're a big league pitcher! Put a target on a brick wall and practice pitching at it. Be sure and transfer your weight towards your target!</p>	<p>24</p> <p>Watch a holiday movie with the family!</p> <p>Jog in place during the commercials.</p>	<p>25</p> <p>Enjoy a day sledding or building a snowman. No snow? Be creative and make up a game!</p>	<p>26</p> <p>Pillow fight!</p> <p>No explanation needed.</p>
<p>27 Remember Downward Dog from September? Dolphin Pose is the same thing except you are on your forearms. Hold Dolphin Pose three times for 15 seconds.</p> 	<p>28 Popcorn Push-ups!</p> <p>Put a small bowl of popcorn on the floor. Each time you lower yourself down in a push-up, stick out your tongue and take a bite!</p>	<p>29</p> <p>Dribble a basketball 100 times with your right then 100 times with your left hand. Keep your head up and use your fingertips!</p>	<p>30</p> <p>How many times can you keep a balloon up without it hitting the floor?</p> <p>Try and beat your score each time you play!</p>	<p>31 Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2016. It could be a jump rope move or to become more proficient at your dribbling skills.</p>	<p><b>NATIONAL HEALTH OBSERVANCE</b></p> <ul style="list-style-type: none"> <li>Safe Toys and Gifts Month (preventing blindness)</li> </ul> 