









January 2016 Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>NATIONAL HEALTH OBSERVANCES National Blood Donor Month National Drug & Alcohol Facts Week Jan. 25-31</p>			<p>1 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>2 Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.</p>
<p>3 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p>	<p>4 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>5 Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend.</p>	<p>6 Stairs Run up stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p>7 Jump rope to music! Can you jump to an entire song without stopping?</p>	<p>8 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed toward the ground.</p> 	<p>9 Scavenger Hunt Split into two teams; make a list of 20 things related to winter and race to see which team can find them first.</p>
<p>10 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>	<p>11 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>12 Cat Pose On all fours round your back pulling your spine towards the ceiling while looking at the ground.</p> 	<p>13 Carioca Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p>14 Wheel Barrow Race Teams of two. Hold your partners feet while they walk on their hands. Race to the finish. Be careful.</p>	<p>15 See how many times you can run around the outside of your house without stopping. Check your pulse when done.</p>	<p>16 Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>
<p>17 Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>18 Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>	<p>19 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>20 Hula Hoops Grab a friend and a hula hoop and see who can hula hoop the longest</p>	<p>21 Cow-Cat Pose Try your cow and cat yoga poses together.</p> 	<p>22 Bicycles Lie on your back and move your legs like you're riding a bicycle to strength your stomach muscles.</p>	<p>23 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>
<p>24 Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</p>	<p>25 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>26 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>27 Makeshift Bowling Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? A spare?</p>	<p>28 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>29 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>	<p>30 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>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>NATIONAL HEALTH OBSERVANCES National Blood Donor Month National Drug & Alcohol Facts Week Jan. 25-31</p>			<p>1 Shoulder Shrugs 10 shoulder shrugs with light weights</p>	<p>2 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.</p>
<p>3 Walking Bundle up and take a 10 minute walk with a friend or family. Just too cold? Take a walk around your house completing a different exercise in each room.</p>	<p>4 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.</p>	<p>5 Balance 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.</p>	<p>6 Stairs Run up stairs in your house/apartment as fast as you can. Walk down and repeat 10 times. Try skipping a step for a challenge.</p>	<p>7 Walking High Knees Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up.</p>	<p>8 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed toward the ground.</p> 	<p>9 Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups</p>
<p>10 Hold for 10 seconds Right Side Plank Left side plank Superman Rest Repeat 10 times</p>	<p>11 Leg Day! 10 squats 10 walking lunges 10 high knees</p>	<p>12 Cat Pose On all fours round your back pulling you spine towards the ceiling while looking at the ground.</p> 	<p>13 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>14 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>15 Hallway Sprint Sprint down a hallway 10 tuck jumps Sprint back down 10 jumping jacks Stretch Got more energy? Do it again!</p>	<p>16 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.</p>
<p>17 10 Butt Kicks 10 high knees Stretch Repeat</p>	<p>18 Jumping Jacks Try and complete 10 sets of 10 jacks today.</p>	<p>19 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>	<p>20 10 tricep dips 10 second seated straddle stretch 10 crunches 10 jump rope reps</p>	<p>21 Cow-Cat Pose Try your cow and cat yoga poses together.</p> 	<p>22 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>23 10 Switch Lunges Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</p>
<p>24 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.</p>	<p>25 High Knees & Stretch 10 high knees 10 second stretch Repeat</p>	<p>26 10 front kicks 10 switch lunges 10 squats, on the 10th squat hold and complete 10 boxing punches.</p>	<p>27 Leg Day! 10 squats 10 walking lunges 10 high knees</p>	<p>28 Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>29 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>	<p>30 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>