

Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Think about all the activities you did throughout the year. How will you stay active over the summer break?</p> <p>Yoga pictures from www.forteyoga.com</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 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p>3 Yogi Squat Pose Hold for 30 seconds rest and repeat.</p> 	<p>4 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>	<p>5 Boat Pose Hold Boat Pose three times for 15 seconds.</p> 	<p>6 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>7 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p>8 Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>9 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 
<p>10 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.</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 Put your favorite song on and make up a dance or fitness routine!</p>	<p>13 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p>14 Yogi Squat Pose Hold for 30 seconds rest and repeat.</p> 	<p>15 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>16 Swimming at the pool today. Have fun with friends and family swimming in the pool.</p>
<p>17 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>18 Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p>	<p>19 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>20 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>21 Put your favorite song on and make up a dance or fitness routine!</p>	<p>22 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p>23 Downward Dog Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p> 
<p>24 Play outside and run through the sprinkler today!</p>	<p>25 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>26 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>27 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p>28 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>	<p>29 Happy Baby Pose Straighten your legs for an added challenge.</p> 	<p>30 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>

Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>▶ This month think about all the activities you did throughout the year. How will you stay active over the summer break?</p> <p>Yoga pictures from www.forteyoga.com</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 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>2 Frog Sit-Ups Sit down with your knees bent and soles of your feet touching with knees spread. Do a sit-up touching your heels and lower back down.</p>
<p>3 Yogi Squat Pose Hold for 30 seconds rest and repeat.</p> 	<p>4 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.</p>	<p>5 Boat Pose Hold Boat Pose three times for 15 seconds</p> 	<p>6 10 Chair Squats Stand about six inches in front of a chair. Squat until your buttocks touches the chair and stand back up.</p>	<p>7 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>8 Abs! 10 knee to elbow planks 10 crunches 10 superman poses</p>	<p>9 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 
<p>10 Go outside and throw a Frisbee around with friends or family members.</p>	<p>11 Scissor Jacks As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 10</p>	<p>12 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p>13 10 Squat Kicks Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg</p>	<p>14 Yogi Squat Pose Hold for 30 seconds rest and repeat.</p> 	<p>15 10 Star Jumps Jump up with your arms and legs spread out like a star. Rest and repeat.</p>	<p>16 Swimming at the pool today. Have fun with friends and family swimming in the pool.</p>
<p>17 Wake up, enjoy the sunrise and go for a 10 minute walk before it gets too hot outside.</p>	<p>18 Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 	<p>19 10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>20 10 Lunges with a Hook Complete a side lunge with a cross-hook punch. Do 10 on each side.</p>	<p>21 Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>	<p>22 Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>	<p>23 Perro Hacia Abajo Sostén la pose 3 veces X 20 segundos. Trata de levantar una pierna como reto</p> 
<p>24 Create a path/trail to go for a walk with your friends or family. Leave the cell phones at home!</p>	<p>25 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>26 Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>27 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p>28 10 Squat Kicks Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg</p>	<p>29 Happy Baby Pose Straighten your legs for an added challenge.</p> 	<p>30 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>