





Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Walk and Jack Go for a 10 minute walk, after each minute complete 10 jumping jacks and continue walking.</p>	<p>2 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>3 Do this: 10 jumping jacks 10 leaps 10 frog jumps 10 vertical jumps (as high as you can) Repeat 3 times</p>	<p>4 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>5 High Skips Do five sets of 10 high skips. Really lift those arms and knees!</p>	<p>6 Cardio and Stretch High knees 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose when done.</p>
<p>7 Revolved Triangle Pose Hold for 30-60 seconds on each side to target hamstrings and shoulders.</p> 	<p>8 10-10-10 Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.</p>	<p>9 Rise and Squat When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>	<p>10 Leg Day 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Revolved Triangle Pose for 60s each side</p>	<p>11 10 Sidekicks Do as many sets throughout the day as you can. Remember if you do one leg you have to do the other!</p>	<p>12 Triceps Dips on the 10's Challenge On the 10th of the hour stop what you're doing and do triceps dips using your chair.</p>	<p>13 Interval Run/Walk Start with a brisk warm-up walk then alternate running and walking 1-minute each for 10 minutes.</p>
<p>14 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p>15 10 Jump Squat Jump Shots Do a jump squat and pretend you're shooting a basketball at the top of your jump.</p>	<p>16 Butt Kicks Do 10 seconds of butt kicks in place as fast as you can. Rest for 10 seconds and repeat.</p>	<p>17 Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	<p>18 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p>19 Stairs Jog up and down a flight of stairs. Try to skip a step for an extra challenge.</p>	<p>20 Just Dance Put on your favorite song and just dance for the entire song.</p>
<p>21 Power Walk Go for a 10 power walk today. Be sure to go faster than your normal walking pace. After stretch your arms and legs.</p>	<p>22 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.</p>	<p>23 Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>24 Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>25 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>26 10 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>27 Rise and Squat When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>

<p>28 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>29 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.</p>	<p>30 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves</p> 	<p>31 Attached at the Hip Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> • Fruit and Veggies – More Matters Month • National Childhood Obesity Awareness Month • National Yoga Awareness Month • Whole Grains Month 	<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. Yoga Images from www.forteyoga.com</p>
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<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>