



# April 2011

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). For information on quality physical education visit: <a href="http://www.aahperd.org/naspe/publications/teachingTools/key-points-ofQPE.cfm">http://www.aahperd.org/naspe/publications/teachingTools/key-points-ofQPE.cfm</a></p>				<p><b>1</b> Walk around your house one time, very fast. Count how many steps it takes to go around.</p>	<p><b>2</b> Spell your name out by making your body into each of the letters. Can you spell your friend's name too?</p>
<p><b>3</b> Play <i>How Did You Get There?</i> with a friend. Move across the yard a different way every time.</p>	<p><b>4</b> Find a step-jump up and down off the step 50 times. Now step up and down sideways for 50 more steps.</p>	<p><b>5</b> Pretend you are a bluebird flying around outside, flap your wings slow, then fast!</p>	<p><b>6</b> Puppy dog run-chase a friend around the yard, moving like a puppy the whole time.</p>	<p><b>7</b> Bounce a tennis ball in front of you and catch it with the opposite hand. Now do the same the other way. Try this 100 times.</p>	<p><b>8</b> Play Frisbee® with a friend-try and catch it 100 times without dropping it.</p> 	<p><b>9</b> Go to the animal shelter with your family and walk the puppies.</p>
<p><b>10</b> Find some stairs-run up and down the stairs ten times today.</p>	<p><b>11</b> Do some sit ups - can you do 25 sit ups?</p>	<p><b>12</b> List all the active words you know-do the activities ten times each today.</p>	<p><b>13</b> List all the different things you can do with a ball and practice them.</p>	<p><b>14</b> Play balloon volleyball over a chair with a friend. Can you keep it up?</p> 	<p><b>15</b> Do some push-ups outside with your hands on a railing or wall.</p>	<p><b>16</b> Go to your local park and play on the playground equipment.</p>
<p><b>17</b> Play tag today with family and friends. Take turns playing everybody's favorite games.</p> 	<p><b>18</b> Do ten crunches – this group of exercise is called a set. Do ten sets of crunches today.</p>	<p><b>19</b> Place some music. Use your body to show the way the music makes you feel.</p> 	<p><b>20</b> Pretend you are a balloon floating around the house. Dance with your arms and legs.</p>	<p><b>21</b> Skipping fun: skip in a circle shape, ship with hands on hips, skip and twirl at the same time.</p>	<p><b>22</b> Hop around the house on one foot-how many hops before you get tired? Switch feet and do it again.</p>	<p><b>23</b> Practice jumping in a zig-zag pattern today-inside and outside.</p> 
<p><b>24</b> Practice throwing &amp; catching today with a family member.</p>	<p><b>25</b> Run around the house one lap. Now skip around the house one time. Try jumping around the house this time.</p>	<p><b>26</b> Try bouncing and catching a ball 100 times. Now dribble it with one hand-switch hands for 100 more bounces.</p>	<p><b>27</b> Rake up several piles of old leaves-can you jump over them to the other side?</p>	<p><b>28</b> Pretend you are on a farm, and act like all the animals.</p> 	<p><b>29</b> Move around your house, changing your level from high to low when you move into a new room.</p>	<p><b>30</b> Put on your favorite music &amp; dance, dance, dance!</p> 