



December 2010

Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit www.naspe.org. For more information about lifelong and inclusive physical activity visit www.aapar.org</p>			<p>1 Time to roll. Clear out some space in your home and roll from one end to the other. First keep your body as straight as you can, then try it with a bent body.</p>	<p>2 Roll up some socks and practice your throwing skills...turn, step, throw, follow-through.</p>	<p>3 Practice your hopping skills! Hop once on each foot, then hop twice on each foot, etc. Keep on hopping and counting.</p>	<p>4 Time to practice your jumping skills. Practice jumping far and practice jumping high – bend your knees, reach for the sky, and land softly.</p>
<p>5 Sit across from your child and practice rolling a ball back and forth. Count to 10 as you roll back and forth, and then move farther apart and try it again.</p>	<p>6 Using a balloon, practice volleying with different parts of your body. Can you keep the balloon in the air using your hand, your thumb, or even your elbow?</p>	<p>7 Pretend to skate on paper plates. Add some style and some tricks.</p> 	<p>8 Can you building a tower out of pillows and practice your underhand throwing skills as you knock over the tower?</p>	<p>9 Movement add on: Working together create a movement sentence. One person starts by doing one movement, the next person does a new movement, and then do the two movements together...keep adding new movements.</p>	<p>10 Puzzle relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle.</p>	<p>11 Work on those balancing skills. Put a paper plate on your palm and practice moving your arm in different ways so that the plate does not fall off. Can you move your entire body without the plate falling?</p>
<p>12 Find items around your home that make noise. Use these “instruments” as you march through your home in a parade.</p>	<p>13 Pretend to float all through your home like a snowflake falling from the sky. Float high, float low, float fast, float slow.</p> 	<p>14 Create an obstacle with chairs and blankets. Practice moving under, over and around.</p>	<p>15 Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.</p>	<p>16 Sort toys as you exercise. Begin by figuring out how to sort – by color, by size – then make piles on different ends of your home. As you find an object move quickly to the correct pile, hop on each foot 5 times, and then move quickly back to get another toy.</p>	<p>17 Use your creativity to make up a new game that uses something from your kitchen. Give your game a funny name.</p>	<p>18 Get outside and go for a walk. As you walk breath in through your nose and blow out through your mouth.</p> 
<p>19 Work on your cutting skills and make some paper snowflakes.</p> 	<p>20 Use the snowflakes from yesterday to make a trail through your home. Can you move through your home without touching the floor and only touching the snowflakes?</p>	<p>21 Take a run: Work on moving in a straight line, move your arms front and back, and land lightly on your feet. Celebrate winning the race!</p>	<p>22 Family relaxation activity. Turn the lights off and you lay down on the floor. Squeeze and then relax your muscles. Breathe.</p>	<p>23 Movement charades: Act our something that has to do with winter. Can anyone guess what you are?</p>	<p>24 Help your parent/caregiver clean off the driveway or sidewalk. Work your muscles and your heart.</p>	<p>25 Turn on some upbeat music – wiggle, stretch, bend and shake together as a family.</p>
<p>26 Indoor snowball fight: Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.</p>	<p>27 Transportation fun. Begin by identifying a different form of transportation and then pretend to do it. Such as riding your bike, driving a big bus or gliding on your roller blades.</p>	<p>28 Sit on a big t-shirt. Using only your arms move across the floor. Try it on your tummy.</p>	<p>29 Scatter socks throughout the room. Pretend to walk on a tight rope – when you get to a sock, stand on one foot, bend down and pick up the sock – keep your balance.</p>	<p>30 Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body.</p>	<p>31 What was your favorite activity this month? Give it another try!</p>	