



January 2011

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Go for a walk outdoors with your family. Try to walk at least a mile!	31 Try to do 20 sit ups five times today.					1 Throw a ball against a wall. Let it bounce one time and then catch it. Try this 100 times.
2 Hula hoop for five minutes. Do this 5 times today. 	3 Run around the outside of your house 3 times.	4 Play tag during recess today. No recess? Play tag after school with friends.	5 Put a jump rope or ribbon on the ground. Jump forward and back over the rope 50 times. Now try side to side forward and back for 50 jumps.	6 Try juggling some plastic grocery bags today. 	7 Make 10 paper balls from newspaper. Throw them at a target until you hit the target every time! Try different targets.	8 Jump backwards 50 times. Now jump forward 50 times. Whew!
9 Throw paper plates like they are Frisbees at an indoor target. How many times can you hit the target?	10 Can you balance on two body parts? Three body parts? Now try four body parts?	11 Kneel on the floor in front of a wall. Roll a tennis ball to the wall with one hand and catch with the other hand when it comes back. Now roll it back. Try 100.	12 Sit on your bottom. Tuck in your legs and spin around 25 times, now 25 times in the other direction.	13 Stand tall. Jump high and tuck your knees up to your chest as you jump. Do 25 tuck jumps!	14 Jump rope 100 jumps. Do this 10 times today. How many jumps does this add up to? 	15 Hold a ribbon in each hand. If you don't have ribbon, cut a long strip of newspaper. Dance with your ribbons.
16 Crab walk from room to room all day today when moving around your house.	17  Have a running race with five different friends today!	18 Practice bouncing a ball with your dominant hand 100 times. Now try your non-dominant hand for 100 bounces. Now alternate sides for 100 bounces.	19 Try some tip-ups after school. How long can you hold it?	20 Play some relaxing music and try some leg stretches. Hold each stretch for 30 sec and make sure to do them to both sides.	21 Play partner tag with a friend. Exchange places as tagger 10 times.	22 Roll 5 sheets of newspaper into a paper wand. Tape the end. Balance the wand on different body parts for at least 30 seconds.
23 Plan for a fun family hike today at a local park or explore a neighborhood you have not been to. Dress warm!	24 Do some pull-ups on the monkey bars at school today.	25 Use a tennis ball or paper ball to practice catching by yourself. 100 catches with two hands.	26 Do 10 different kinds of animal walks. 	27 Hold a plastic cup and a tennis ball or paper ball. Throw the ball up with one hand and catch in the cup. Switch hands. 100 tries on each side.	28 Use a paper plate to strike a balloon up in the air over and over for 100 strikes! Now try your other hand. Track the ball with your eyes.	29 Play leapfrog outside with a friend. Jump over each other 100 times!

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