



March 2011

# Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>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></b></p>		<p><b>1</b> Practice foul shooting today for 50 tries. How many baskets can you make?</p>	<p><b>2</b> Practice running across the playground and back as fast as you can. This is sprinting.</p>	<p><b>3</b> Walk around and dribble a ball at the same time. Can you cross over from hand to hand?</p>	<p><b>4</b> Shoot some hoops with a friend. How many baskets can you make out of 50 tries? Any kind of shot.</p>	<p><b>5</b> Jog around the playground, dribbling a ball as you go.</p> 
<p><b>6</b> Dribble a ball 25 times today. Practice this a few times, using your dominant hand, then your non-dominant hand. Try crossing over.</p>	<p><b>7</b> Do ten curl ups. Do ten more. Have a good cobra stretch, lay face down and push your chest off the ground for ten seconds. Do ten times.</p>	<p><b>8</b> Can you dribble a ball with your feet? Try dribbling around the yard and keeping control of the ball.</p> 	<p><b>9</b> Do some long jump roping with some friends.</p> 	<p><b>10</b> Do ten push-ups before you go to school today. Do ten more during lunch, and ten more when you get home.</p>	<p><b>11</b> Play a game of four square during recess today.</p> 	<p><b>12</b> Go to a local climbing gym and do some wall climbing.</p> 
<p><b>13</b> Go for a spring hike today with your family. In the city? Urban hiking means you explore the city by walking.</p>	<p><b>14</b> Practice striking a ball with a bat today. Play with a friend and take turns fielding.</p> 	<p><b>15</b> Practice throwing a Frisbee® at targets-outside. Use baskets, chairs, or trees as your targets.</p> 	<p><b>16</b> Playground races today. Run ten races with your friends. Walk around after the races to cool down.</p>	<p><b>17</b> Get out a favorite action book and act out all the activity in the book.</p>	<p><b>18</b> Make up a dance today-teach it to a grown-up and play music that makes it even more fun!</p>	<p><b>19</b> Practice push-ups today. Can you do ten? Try doing one more every time you practice.</p>
<p><b>20</b> Go out with your family and find a new place in your town to be active.</p> 	<p><b>21</b> Stretch a string out on the floor. Jump side to side over the string 50 times!</p> 	<p><b>22</b> Make a sock ball and play catch with a friend.</p> 	<p><b>23</b> Have a parade! Decorate your wagon, or bike and march around the yard after school.</p>	<p><b>24</b> Strike a ball off a tee today for some batting practice.</p> 	<p><b>25</b> Go ice skating today. No ice? Try some roller blades or roller skates.</p> 	<p><b>26</b> Blow up a balloon &amp; bounce the balloon off of five different body parts. Strike the balloon up fifty times with each part.</p> 
<p><b>27</b> Practice passing a ball to a friend for 50 passes. Can you catch every pass?</p>	<p><b>28</b> Take a family trek in the great outdoors. Take a trail you've never tried before.</p>	<p><b>29</b> Play keep it up with a balloon. How many times can you strike the ball without losing control?</p>	<p><b>30</b> Do your spring fever dance today! Nice weather is coming, so get outside and play to make your heart beat fast!</p>	<p><b>31</b> Just jump! Jump around the outside of your house, take a rest, then do it again!</p>		