




March 2012



Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>Tea Cup Tip-ups</u> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	2 Grab any type of racket and a ball and make up a game. Be creative!	3 Go outside with family and friends and play your favorite game for at least an hour.
4 <u>Locomotor Tag</u> Play tag and each round use a different locomotor movement such as skipping, galloping, sliding, running and walking.	5 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?	6 Practice balancing on one foot on a step chair or low timber. Use your balance helpers!	7 Set up some targets and try and hit them with a football.	8 Go to the school or neighborhood playground and have some free play for at least an hour?	9 Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?	10 See how fast you can run one mile. Have a family member time you!
11 <u>Juggling</u> Practice juggling with plastic grocery bags. Toss, Toss, Catch, Catch.	12 Practice walking on your hands out in the grass.	13 Practice your chest passes against a brick wall. Remember to step towards your target.	14 Ride a bike for at least an hour. Don't have a bike? Go for a walk/jog! Or do bicycle crunches.	15 Hold yoga's warrior one pose for one minute. It's a lunge position with both arms extended straight up in the air.	16 <u>Grass-Cutters</u> Practice running backwards. Stay low, and stay on the balls of your feet.	17 Try and sprint from one end of your street to the other. Have a family member time you.
18 Gather up the whole family & make up a game with a ball and a goal.	19 Hold Yoga's Warrior 3 Pose. Balance on one foot and make your body look like a table. One leg straight back and both arms stretched straight out front.	20 Do walking toe touches to stretch out your hamstrings. Keep your legs straight and touch your toe with the opposite hand.	21 Practice riding a skateboard, wave board, or scooter for at least an hour. Wear a helmet!	22 Try doing pull-ups on the monkey bars.	23 Practice catching a bouncy ball in a plastic cup 100 times. Throw it way up in the air and catch it in the cup when it comes down.	24 Go for a walk with a grandparent or adult relative who takes care of you.
25 Practice your catching skills by catching a ball thrown to you by someone else. Can you catch it 100 times in a row?	26 Practice your crossover dribble with a basketball. Try and do it 100 times in a row. Keep the ball low and keep your head up.	27 Play your favorite tag game at recess today. If you don't have recess, play it after school with some friends.	28 Place a shoe string on the ground and jump side to side over it for 50 times. Then face the string and jump forward and backward 50 times.	29 Put on some music and dance to the beat. Dance to a few different songs until you've danced fast, medium and slow paced.	30 Pretend your feet are glued to the ground. Stretch way up high towards the sky and way down low to your toes. Stretch to both sides too.	31 Make a list of all the things a person can do w/ a ball. Now go and practice them!

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<http://www.aahperd.org/naspe/publications/teachingTools/key-points-ofQPE.cfm>