



March 2012

Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NASPE recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>						
				1 20 body-weight squats, 20 alternate leg lunges, 20 split squat jumps and 20 step ups. 3 times through	2 <u>Alternating DB Overhead Press</u> Alternate doing overhead DB presses with each arm. 3 sets of 8-12	3 Play soccer all day with your family and friends
4 Gather up a group of friends and race around the neighborhood cleaning up trash as fast as you can	5 <u>Triceps Dips w/ Weight</u> Do triceps dips with a backpack full of books for added weight. 3 sets of 8-12.	6 <u>Elevated-Foot Side Planks</u> Lie on your side with your feet elevated on a bench. Hold a side plank on your elbow for 30 seconds.	7 <u>Pull-ups and Hold</u> Do an overhand-grip pull up and hold it for 10-20 seconds. Try and do 5.	8 <u>Standing Core-Rotations</u> Stand back to back with a friend and make circles passing a medicine ball back and forth. Do 20 and switch sides.	9 <u>Cross-over DB Step-ups</u> Holding DB's, stand on the side of a step, facing forward use your outside foot to step up on the box.	10 Gather up your neighborhood friends and play a game of football
11 Have a curl-up competition with the whole family!	12 <u>Barbell Bench Press</u> Lie on a bench and do 3 sets of 8-12 of bench presses with a barbell.	13 <u>Leg Throws w/ Partner</u> Lie on your back, grab your partner's ankles, raise your feet up, have your partner throw them down. Repeat 3 sets of 12.	14 <u>Hammer Curls</u> Biceps curls with palms facing each other. 3 sets of 8-12	15 <u>Spider Pushups</u> Do a push up and as you lower your arms touch your right knee to right elbow, switch knees every time.	16 <u>Squatting Front Raises</u> Hold a squatting position, pull each end of a shirt in opposite directions tightly and do 3 sets of 8-12 front raises.	17 Meet your friends at the park and play basketball all day.
18 Go for a long bike ride with the whole family	19 <u>Close-Grip Pushups</u> Strengthen both your chest and triceps by doing 3 sets of 8-12 reps.	20 <u>Single-Arm Incline DB Bench Press</u> Do 10 bench presses on an incline bench with your left arm. Then switch and do 10 with your right arm. Repeat 3 sets.	21 <u>DB Straight Leg Dead Lifts</u> Holding light DB's and keeping legs straight, lower them to the ground and use your back to lift back up.	22 <u>Reverse Lunges into Front Kicks</u> Do a reverse lunge with your right leg and transition into a front kick with your right leg. Do 10 then switch legs. Repeat 3 times	23 <u>Goblet Squats</u> Hold one end of a DB tightly under your chin. Squat down and stand back up. Repeat 3 sets of 8-12	24 Challenge your friends to see who can finish a 3 mile run first.
25 <u>Family Walk</u> Get the whole family together and go for a 30 minute walk at a brisk pace.	26 <u>Exploding Push-ups</u> Do a regular push up but explode off the ground as hard as you can. 3 sets of 8-12.	27 <u>Offset Overhead DB Reverse Lunge</u> Hold a DB overhead in your right hand. Do 10 reverse lunges with your left leg. Switch sides and do 10. Repeat 3 times.	28 <u>Seated DB Curl and Press</u> Do a biceps curl, and then shoulder press. Then back down. Repeat 3 sets of 8-12	29 <u>Elevated-Foot Planks</u> Rest your feet on a bench, box or step and hold a plank position on your elbows for 30 sec.	30 <u>Offset DB Split Squats</u> Hold a DB in your RT hand while in split squat position. Do 8-12 squats and then switch sides. 3 sets of 8-12	31 Grab some friends and run up and down a flight of stairs for 20 minutes without stopping.

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