



































December

Physical Activity Calendar

Name _____ Grade _____

Note to students & families: Try to complete as many activities as you can to the best of your ability! If you can't complete them all by the end of the month, that's okay, still turn in what you were able to complete for this month's badge & bead! If you need to modify the activity or stay active in a different way, that counts too! Jot down what you did in the box instead. **You got this Mustangs!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Stay hydrated! (4-5 glasses) Each day you drink the recommended daily amount of water put a check on the cup!</p>				<p>1 Sprint! Challenge a friend or family member to a race. Set up a start and finish line and see how many times you can race!</p> 		<p>2 Lunges! 5-4-3-2-1 do stationary lunges in order with a 5 second break between each one.</p> 
<p>3 Plank Wars Grab someone & battle it out! See who can hold a plank the longest. Challenge with a side plank or plank up-downs too!</p> 	<p>4 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>5 Jump Rope Jump rope 1 minute on and 1 minute off 3x's "ghost rope" if you don't have a rope.</p> 	<p>6 Step Count Count how many steps it takes you to walk into and around each room. Do it again with tip-toes or marching!</p> 	<p>7 I Spy Walk Go for a walk with someone while playing a game of "I Spy".</p> 	<p>8 Get Outside Go on a bike ride, walk, or hike with family or friends. Talk about how your week went!</p> 	<p>9 Squats! 60 seconds and subtract 10 seconds each round until done!</p> 
<p>10 Active Chores Do an active chore like vacuuming, sweeping, shoveling snow, etc.</p> 	<p>11 Tag, You're It! Play tag with someone. When you get tagged complete 10 pushups to get back in. Can you play for 20 minutes?</p> 	<p>12 Leg Work! Complete: 10 squats, 10 lunges, 9 squats, 9 lunges, 8 squats, 8 lunges. (keep going 7-6-5-4-3-2-1)</p> 	<p>13 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>14 Coin Flip Flip a coin 5 times and do the corresponding exercise: Heads- 10 Jump Ropes Tails- 10 Mtn. Climbers</p> 	<p>15 Crazy 8's 8 jumping jacks, 8 mtn. climbers, 8 star jumps, & 8 tuck jumps. Repeat 3x's</p> 	<p>16 Burpees! How many can you do in 1 minute? Record below: _____</p> 
<p>17 Do this: Hop on one leg 15 times, switch legs. Bear Crawl for 60 seconds. Do a silly dance & Run in place for 20 seconds! Repeat 3x's</p> 	<p>18 ABCs Bend your body to form each letter of December. Take note of where you feel the stretch.</p> 	<p>19 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>20 Paper Plate Planks In plank position with paper plates under your feet complete 20 each: Mtn. Climbers In & Out (knees to chest)</p> 	<p>21 Locomotor Walk As you walk alternate between skipping, speed walking, jogging, tip-toeing, & galloping.</p> 	<p>22 Bundle Up Take an evening stroll outside with family or friends and look at all the amazing holiday lights and decorations!</p> 	<p>23 Push-ups! 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt!</p> 
<p>24 Toss Challenge Toss a bean bag (or use a pair of socks) into a bucket from different distances. How many can you get in a row? How far can you throw?</p> 	<p>25 I Spy Decorations! Spend 20 minutes or more walking outside. How many holiday decorations can you find?</p> 	<p>26 Bowling! Set up some empty bottles or cans and try to knock them down. Can you get a spare? Strike?</p> 	<p>27 Mother May I? Some suggestions include galloping 3 times, leaping twice, skipping 4 times, sliding 3 times, & running for 5 seconds.</p> 	<p>28 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>29 Keep It Up! How many times can you keep a balloon up without it hitting the floor? No balloon, use a plastic bag instead.</p> 	<p>30 Plank! 5-4-3-2-1 do them in order with a 5 second break between each one.</p> 

Let's GET UP & MOVE Madison Mustangs!

Turn over your calendar to finish the last day of December and the first week of the January calendar!













January

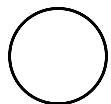
Physical Activity Calendar



SHAPE America recommends school-age children accumulate **at least 60 minutes of physical activity per day**. This can be activity before, during, &/or after school. Remember that each bout of physical activity should be followed by **cool-down stretches** that help reduce soreness and avoid injury.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Dance Party Listen to your favorite song and make up a new dance move! Ring in the new year by having a dance party with family or friends. 	1 Cheers to '24 Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	2 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	3 Weights! Get creative and build your own weights. Use a soup can or water bottle and see how many times you can lift them like a bicep curl up. 	4 Paper Plate Race Create a racecourse and place 2 paper plates under your feet & you're off! Race again, can you beat your time? 	5 Obstacle Course Create your own obstacle course and time yourself doing it! See how many times you can beat your own time! 	6 ABC Push-ups! Alternate shoulder taps while saying the ABC's. Take a 30 second break then continue one more time! 
7 Snowball! Create some snowballs & practice throwing at a target. How many can you get in a row? How far can you throw? 	8	9	10	11	12	13
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Welcome back to school & a new year! Turn in your calendar this week! </div>						

Let's GET UP & MOVE Madison Mustangs!



Circle 3 of your FAVORITE activities (from either December or January) and return to Mrs. Oas for your December tag & bead! All calendars are **due** by the end of the second week of January.