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Physical Activity Calendar

Name _____ Grade _____



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
 <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 Mindful Walk Take a mindful walk and bring full attention to the movements and sensations of your body.</p> 	<p>2 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>3 Get Outside Go on a bike ride, walk, or hike with family or friends. Talk about how your week went!</p> 	<p>4 Push-ups! 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt!</p> 
<p>5 Limbo Grab a broom stick and have 2 people hold it. Take turns going under arching backwards. Lower the stick each time you go. How low can you go?</p> 	<p>6 ABCs Bend your body to form each letter of November. Take note of where you feel the stretch.</p> 	<p>7 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>8 I Spy Leaves! Spend 20 minutes or more walking outside. How many different leaves can you find?</p> 	<p>9 Jump Rope Can you jump rope for 25 consecutive jumps? Try 10 times to strengthen your heart and lungs!</p> 	<p>10 Dance Break Put on your favorite music for dancing and dance with someone else or alone for 15 minutes!</p> 	<p>11 Burpees! How many can you do in 1 minute? Record below: _____</p> 
<p>12 Active Chores Do an active chore like vacuuming, sweeping, pulling weeds, etc.</p> 	<p>13 Step Ups Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 5 sets of 10.</p> 	<p>14 100 Challenge Individually take the time to count out 100 steps! Mix it up and count by 5's, 10's, or 25's too!</p> 	<p>15 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>16 Coin Flip Flip a coin 5 times and do the corresponding exercise: Heads- 10 Push-ups Tails- 10 Squats</p> 	<p>17 Grateful 'Eight' Complete 8 of each exercise and be grateful for the ability to move your body! 8 Mtn. Climbers, 8 squats, 8 jumping jacks, & 8 curl-ups</p> 	<p>18 Lunges! 5-4-3-2-1 do stationary lunges in order with a 5 second break between each one.</p> 
<p>19 Exercise is for Breathing! Do 20 vertical jumps, then do 5 burpees. Circle which one made you breathe harder.</p> 	<p>20 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>21 Inch Worms Keeping your legs straight, place your hands on the ground, walk them into pushup position and walk your legs up. Repeat 10x's</p> 	<p>22 Nature Walk Go on a nature walk and see how many different colors you can notice!</p> 	<p>23 Thankful 'Four' Complete 4 of each exercise and be thankful for the ability to move your body! 4 Burpees, 4 push-ups, 4 sit-ups, & 4 star jumps Can you repeat a 2nd time?</p> 	<p>24 Speedy Speed walk for 15 minutes... not a run, but quick legs & arms! Walk with purpose!</p> 	<p>25 Squats! 60 seconds and subtract 10 seconds each round until done!</p> 
<p>26 Weights! Get creative and build your own weights. Use a soup can or water bottle and see how many times you can lift them over your head.</p> 	<p>27 Obstacle Course Create your own obstacle course and time yourself doing it! Can you go again and beat your time?</p> 	<p>28 Paper Plate Planks In plank position with paper plates under your feet complete 20 each: Mtn. Climbers In & Out (knees to chest)</p> 	<p>29 ABCs In a plank position alternate tapping each shoulder while you say the ABCs. Repeat 2x's.</p> 	<p>30 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>Let's GET UP & MOVE Madison Mustangs!</p>	



At the end of the month circle 3 of your FAVORITE activities and return to Mrs. Oas for your November tag & bead!
All calendars are **due** by the end of the first week of December.