


































February

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 Jump Rope Can you jump rope for 25 consecutive jumps? Repeat 5x's times to strengthen your heart and lungs!</p> 	<p>2 Obstacle Course Create your own obstacle course and time yourself doing it! See how many times you can beat your own time!</p> 	<p>3 Burpees! How many can you do in 1 minute? Record below: _____</p> 
<p>4 Nature Walk Bundle up and go on a nature walk and see how many colors you see on the walk.</p> 	<p>5 ABCs Bend your body to form each letter of February. Take note of where you feel the stretch.</p> 	<p>6 10 for Tuesday 10 x's Jumping Jacks, 10x's Push ups, 10 x's Sit ups, 10 x's Squats Repeat, 2x's, 3x's</p> 	<p>7 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time for 20 minutes or more!</p> 	<p>8 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>9 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>10 Squats! 60 seconds and subtract 10 seconds each round until done!</p> 
<p>11 Obstacle Course Create your own obstacle course and time yourself doing it! See how many times you can beat your own time!</p> 	<p>12 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>13 Do this: Hop on one leg 15 times, switch legs. Bear Inch Worm for 60 seconds. Do a silly dance & Run in place for 20 seconds! Repeat 3x's</p> 	<p>14 Happy Heart Put on your favorite songs and dance to get your heart moving and to have fun!</p> 	<p>15 Mindful Walk Take a mindful walk and bring full attention to the movements in your body.</p> 	<p>16 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>17 Push-ups! 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt!</p> 
<p>18 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>19 Outside Spend 20 minutes or more being active outside. Ride your bike, go for a walk, or help with yardwork! It's up to you!</p> 	<p>20 10 for Tuesday 10 x's Donkey Kicks, 10x's Mtn. Climbers, 10 x's Ski Jumps, 10 x's Crab Kicks Repeat, 2x's, 3x's</p> 	<p>21 Flexible Alphabet Can you make your body look like every letter in the alphabet? Which one was the easiest? Hardest?</p> 	<p>22 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>23 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>24 Lunges! 5-4-3-2-1 do alternating lunges with a 5 second break between each set. Repeat, 2x's, 3x's!</p> 
<p>25 Toss & Catch Find 2 small objects to toss and catch. Can you toss and catch them at the same time?</p> 	<p>26 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>27 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>28 Dance Break Put on your favorite music for dancing and dance with someone else or alone for 15 minutes!</p> 	<p>29 Coin Flip Flip a coin 5 times and do the corresponding exercise: Heads- 10 Push-ups Tails- 10 Sit-ups</p> 	<p>Let's GET UP & MOVE Madison Mustangs!</p>	



Circle 3 of your FAVORITE activities and return to Mrs. Oas for your **February tag & bead!** All calendars are **due** by the end of the first week of March.

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!**