



































# January

## 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
<b>Let's GET UP &amp; MOVE</b> <b>Madison Mustangs!</b>	<b>1 Cheers to '24</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	<b>2 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	<b>3 Weights!</b> 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. 	<b>4 Paper Plate Race</b> Create a racecourse and place 2 paper plates under your feet & you're off! Race again, can you beat your time? 	<b>5 Obstacle Course</b> Create your own obstacle course and time yourself doing it! See how many times you can beat your own time! 	<b>6 ABC Push-ups!</b> Alternate shoulder taps while saying the ABC's. Take a 30 second break then continue one more time! 
	<b>7 Snowball!</b> Create some snowballs & practice throwing at a target. How many can you get in a row? How far can you throw? 	<b>8 ABCs</b> Bend your body to form each letter of January. Take note of where you feel the stretch. 	<b>9 Toss &amp; Catch</b> Find 2 small objects to toss and catch. Can you toss and catch them at the same time? 	<b>10 High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time for 20 minutes or more! 	<b>11 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	<b>12 Leg Work!</b> Complete: 10 squats, 10 lunges, 9 squats, 9 lunges, 8 squats, 8 lunges. (keep going 7-6-5-4-3-2-1) 
<b>14 Nature Walk</b> Bundle up and go on a nature walk and identify 3 different plants or animals you see on your walk. 	<b>15 Dance &amp; Shake</b> Put on your favorite songs and dance to get your heart moving and to have fun! 	<b>16 Step Ups</b> Do step ups on the nearest set of stairs. Up, on, down, down counts as one. Do 5 sets of 10. 	<b>17 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	<b>18 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat 5 times! 	<b>19 Obstacle Course</b> Create your own obstacle course and time yourself doing it! See how many times you can beat your own time! 	<b>20 Push-ups!</b> 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt! 
<b>21 Active Chores</b> Do an active chore like vacuuming, sweeping, shoveling, etc. 	<b>22 Inch Worms</b> Keeping your legs straight, place your hands on the ground, walk them into pushup position and walk your legs up. Repeat 10x's 	<b>23 Do this:</b> 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 	<b>24 Flexible Alphabet</b> Can you make your body look like every letter in the alphabet? Which one was the easiest? Hardest? 	<b>25 Coin Flip</b> Flip a coin 5 times and do the corresponding exercise: Heads- 10 Ski Jumps Tails- 10 Tuck Jumps 	<b>26 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	<b>27 Squats!</b> 60 seconds and subtract 10 seconds each round until done! 
<b>28 Weights!</b> 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. 	<b>29 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	<b>30 Mindful Walk</b> Take a mindful walk and bring full attention to the movements in your body. 	<b>31 Dance Break</b> Put on your favorite music for dancing and dance with someone else or alone for 15 minutes! 	 <b>Stay hydrated!</b> (4-5 glasses) Each day you drink the recommended daily amount of water put a check on the cup! 		

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

**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!**