



October

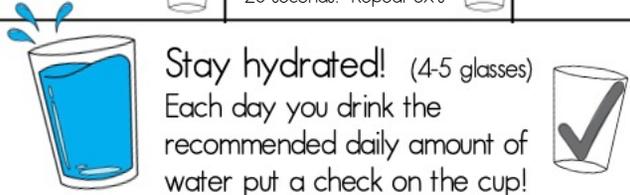
Physical Activity Calendar

SHAPE America

health.moves.minds.

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.

Name _____ Grade _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Active Chores Do an active chore like vacuuming, sweeping, pulling weeds, etc. 	2 Mindful Walk Take a mindful walk and bring full attention to the movements in your body. 	3 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	4 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 	5 Bicycles Lie on your back and move your legs like you're riding a bicycle to strengthen your stomach muscles! 	6 Coin Flip Flip a coin 5 times and do the corresponding exercise: Heads- 10 Mtn. Climbers Tails- 10 Vertical Jumps 	7 Lunges! 5-4-3-2-1 do stationary lunges in order with a 5 second break between each one. 
8 Get Outside Go on a bike ride, walk, or hike with family or friends. 	9 Speedy Speed walk for 15 minutes... not a run, but quick legs & arms! 	10 Animal Walk Walk like your favorite animals for 15 minutes. Was it hard? What muscles did you use? 	11 Dance Break Put on your favorite music for dancing and dance with someone else or alone for 15 minutes! 	12 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	13 100 Challenge Individually take the time to count out 100 steps! Mix it up and count by 5's, 10's, or 25's too! 	14 Push-ups! 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt! 
15 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. 	16 Step Ups Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 5 sets of 10. 	17 Nature Walk Go on a nature walk and see how many different colors you can notice! 	18 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	19 Keep It Up! How long can you keep a balloon in the air before it touches the ground? Don't have a balloon? Use a plastic bag! 	20 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards! Lower the stick after each successful pass. How low can you go? 	21 Squats! 60 seconds and subtract 10 seconds each round until done! 
22 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! 	23 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	24 Leg Work! Complete: 10 squats, 10 lunges, 9 squats, 9 lunges, 8 squats, 8 lunges. (keep going 7-6-5-4-3-2-1) 	25 Between the Knees Gather objects of different sizes. Starting with the largest try walking around your house keeping the object between your knees. 	26 Crazy 8's 8 jumping jacks, 8 crab kicks, 8 frog jumps, & 8 tuck jumps. Repeat 3x's 	27 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 	28 Burpees! How many can you do in 1 minute? Record below: _____ 
29 Obstacle Course Create your own obstacle course and time yourself doing it! See how many times you can beat your own time! 	30 Coin Flip Flip a coin 5 times and do the corresponding exercise: Heads- 10 Tuck Jumps Tails- 10 Crab Kicks 	31 I Spy Pumpkins! Spend 20 minutes or more walking outside. How many pumpkins can you find? 	 <p>Stay hydrated! (4-5 glasses) Each day you drink the recommended daily amount of water put a check on the cup!</p>			



At the end of the month circle 3 of your FAVORITE activities and return to Mrs. Oas for your October tag & bead!

Let's GET UP & MOVE Madison Mustangs!