

September

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.

Name _____ Grade _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stay hydrated! (6-8 glasses) Each day you drink the recommended daily amount of water put a check on the cup!		Example: 	Once you complete each day's activity put a slash through the date. Example: 		1 Grateful Marching March in place for 3 minutes and think of 3 things you are grateful for. 3x's	2 Plank! 5-4-3-2-1 do them in order with a 5 second break between each one.
3 Speedy Speed walk for 15 minutes... not a run, but quick legs and arms.	4 Choice Choose your favorite physical activity for 10 minutes! Draw, write, or tell someone why you love it!	5 Nature Walk Go on a nature walk and identify 3 different plants or animals you see on your walk.	6 Dance Break Put on your favorite song for dancing and dance with company or alone.	7 Book Balance How many books/magazines can you carry on your head for 5 yards?	8 ABCs Bend your body to form each letter of September. Take note of where you feel the stretch.	9 Push-ups! 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt.
10 Vitamin D Take a 20 minute walk outdoors to get Vitamin D today!	11 Jump Rope Jump rope 1 minute on and 1 minute off 3x's "ghost rope" if you Don't have a rope.	12 Practice Riding Learn how to ride a bike or practice riding your bike for 20 or more minutes.	13 Tag! Your it! Play tag with someone. When you get tagged complete 10 jumping jacks to get back in!	14 Dance it Out Have an impromptu dance party today with family, friends, or by yourself!	15 Choice Choose your favorite physical activity for 10 minutes! Draw, write, or tell someone why you love it!	16 Squats! 60 seconds and subtract 10 seconds each round until done.
17 Paper Plates Place 2 paper plates under your feet & try different skills: Boxing, twist, moonwalk, or even your own!	18 Body Awareness Creep backward, forward, bear crawl, gallop, slide along the floor, crabwalk, and hop!	19 ABCs In a plank position alternate tapping each shoulder while you say the ABCs. Repeat 2x's.	20 Choice Choose your favorite physical activity for 10 minutes! Draw, write, or tell someone why you love it!	21 Jump Rope Can you jump rope for 25 consecutive jumps? Try 10 times to strengthen your heart and lungs!	22 Obstacle Course Create your own obstacle course and time yourself doing it!	23 Lunges! Stationary lunging 15 each leg. 4x's
24 Exercise is for Breathing! Do 30 star jumps, then do 10 push-ups. Circle which one made you breathe harder.	25 Coin Flip Flip a coin 5 times and do the corresponding exercise: Heads- 10 squats Tails- 10 Jumping Jacks	26 Choice Choose your favorite physical activity for 10 minutes! Draw, write, or tell someone why you love it!	27 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.	28 Outside Spend 20 minutes or more being active outside. Ride your bike, go for a walk, help with yardwork. It's up to you!	29 Buddy Workout Find a workout buddy and see if you can do partner squats, partner push & pulls, or partner sit-ups!	30 Burpees! How many can you do in 1 minute? Record below: _____