














June 2009



Elementary Physical Activity Calendar






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June is the perfect time for Vacation Recreation!</p>	<p>1 Go outside and run in circles with a friend. Take turns chasing each other.</p> 	<p>2 Practice throwing into a target-a basket or paper bag works great.</p>	<p>3 Plan some relay races with your pals in the neighborhood. Use different locomotor skills.</p>	<p>4 Throw a Frisbee® as far as you can and run to get it -fast!</p> 	<p>5 Play follow-the-leader with a friend. Take turns leading.</p>	<p>6 Water day! Go to the local pool, run through a sprinkler, or slip and slide in the yard!</p>
<p>7 Draw shapes on the sidewalk with chalk-jump and hop in and out of the shapes. Draw your own hopscotch court.</p>	<p>8 Use a beach ball or balloon to strike the ball upward with a friend. Keep it up!</p> 	<p>9 Watch the birds, and fly like a bird outside. Swoop high, swoop low.</p>	<p>10 Use a ball to dribble with your feet-tap, tap, run, run!</p> 	<p>11 Practice passing a ball to a friend, using your feet.</p>	<p>12 Put on some fast music and dance!</p> 	<p>13 Roll in the grass, in a tight ball, in a long log shape, sideways-use your imagination.</p>
<p>14 Balance practice today. Try balancing objects on different body parts.</p>	<p>15 Practice throwing and catching with a friend. Use different sized objects to improve your skills.</p>	<p>16 Practice frog-jumping. Can you frog jump over obstacles?</p> 	<p>17 Practice your batting skills in the yard with a friend or family member.</p>	<p>18 Pop fly practice. Throw the ball very high to a friend-see if you can both catch those high balls.</p>	<p>19 Get out for a bike ride today. No bike? Then get out for a long power-walk with an adult.</p> 	<p>20 Grab bag activity. Write twenty different fun things to do on paper. Put in a bag. Take turns picking out a task and do it.</p>
<p>21 Stand on a small box and practice jumping off.</p> 	<p>22 Practice hopping everywhere you go today. Remember, hopping is done on one foot.</p>	<p>23 Practice using a hula-hoop. Can you make it go around your waist? Your arm? Try jumping it like a jump rope.</p> 	<p>24 Umbrella dance-use an umbrella to make up your own dance.</p>	<p>25 Lay on your belly-lift your arms and legs up like Superman. Hold for 10 sec. Do this ten times.</p>	<p>26 With a friend, hold a towel by its corners. Play keep-it-up with a ball, stretching the towel tight to push the ball up. How many times can you do this?</p>	<p>27 Pretend you are on a safari in your yard and act out each wild animal you might see.</p>
<p>28 Play with a friend and mirror each other's movements.</p>	<p>29 Lay a rope or string out on the ground and jump back and forth over it. How many can you do? Now hop on one foot!</p>	<p>30 Creep and crawl in the grass-what can you find? Log roll back to where you started.</p>		<p>Make a summer activity bag for home, filling a pillowcase or laundry bag with fun and inexpensive toys from the dollar store: jump rope, jacks, foam football, playground ball that bounces, tennis balls, racquets and shuttlecock, paddles, small balls, beanbag toys and a bucket or basket to use as a target. Busy, active fun!</p>		



July 2009



Elementary Physical Activity Calendar

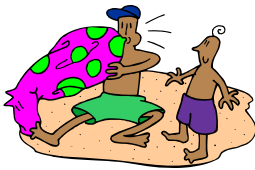






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Try home camping adventures this month! You can do everything you would do on a camping trip at your house in your yard. Get a grownup to help!</p>		<p>1 Hang a big sheet over a clothesline or rope-instant tent! Practice balance activities in your new tent.</p>	<p>2 Get some friends and have wheelbarrow races-you walk on your hands while somebody holds up your feet.</p>	<p>3 Play badminton in the grass with a friend or grownup.</p> 	<p>4 Pretend to go on a trip today and drive your car, ride a motorcycle, paddle a canoe, and climb a mountain.</p>
<p>5 Find something to climb today. Ask a grownup to spot you for safety.</p>	<p>6 Make a bowling alley with some empty water bottles and a ball. You will need 10 water bottles.</p>	<p>7 Practice bouncing and catching a ball. Now bounce and turn. Can you still make the catch?</p>	<p>8 Practice tip-toeing along your sidewalk. Tip-toe all around the edges and back to where you started.</p>	<p>9 Get a scarf or bandanna and make up a scarf dance!</p>	<p>10 Using three plastic shopping bags to practice your juggling skills.</p>	<p>11 Practice your jump rope skills to music-can you jump without stopping for an entire song?</p>
<p>12 Use a plastic cup and a small ball to play catch with a friend. How many can you catch in a row?</p>	<p>13 Practice your throwing skills. See if you can throw into an old basket or tub. How many times can you go into the target?</p>	<p>14 Ask someone to take you to a park-play on every piece of equipment.</p>	<p>15 Hula hoop today, try to make it go around you while you count to 100!</p> 	<p>16 Splash around in a backyard pool or run through a sprinkler.</p>	<p>17 Find five things you can jump over that are different heights. Practice ten jumps over each thing.</p>	<p>18 Run in the pathway of each letter of your name. Can you run your last name too?</p>
<p>19 March all around your yard in crazy pathways. Get a friend to follow you, and then change leaders.</p>	<p>20 Make up some fun relay races and race with your friends.</p>	<p>21 Play the game "I See". One person says "I see", you say "What do you see?" When your friend tells you what he sees, you pretend to be that thing. Take turns!</p>	<p>22 Play Frisbee® with a friend or adult. Challenge each other-who can throw the farthest?</p>	<p>23 Set up an obstacle course using things to jump over, go around, and move under. How fast can you do it?</p>	<p>24 Play catch with a friend using a water balloon. Take a step back and see if you can throw farther and farther without breaking it.</p>	<p>25 Help with a chore around the house. Use all of your muscles to lift, carry, or pull.</p>
<p>26 Use two jump ropes to make a pretend brook-practice jumping over the brook. Make one side wider!</p>	<p>27 Skate around the backyard with your feet on two Frisbees®. This is hard work!</p>	<p>28 Spend time today hopping from place to place on one foot.</p>	<p>29 Sit on a Frisbee® and spin-now spin in the other direction!</p>	<p>30 Practice jumping high-swing your arms up to help you get higher and higher!</p>	<p>31 Find your favorite activity from this month and do it again!</p>	



August 2009



Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 Pack your lunch and have a picnic in your yard. Play your favorite picnic games today.</p>	<p>31 Create rhythm patterns using plastic cups or sticks. Play your favorite music while you do this.</p>		<p>August is a great month for beach fun! Whether you are at the beach or at home, you can do many of the same things with a hose and a bucket! Get ready for play!</p>			<p>1 Play in sand on the beach or in your backyard. No sand? Put some rice in a flat box and play in that.</p>
<p>2 Walk or run in big circle, waving your arms as big as you can. Pretend you are a seagull.</p>	<p>3 Go fly a kite-either at the beach or in the neighborhood. No kite? Run with a ribbon in your hand; watch the air make it dance in the sky.</p>	<p>4 Leaping! Reach with your front foot as you push off your back foot-pretend to leap over puddles.</p>	<p>5 At the beach? Throw a ball long and far. Run to go and get it. Throw it back to where you started, or play catch with a friend. You can do this at home too!</p>	<p>6 Pretend to move like picnic food-melt like a popsicle, pop like popcorn, and move up and down like lemonade in a straw.</p>	<p>7 Take five minutes before going to bed tonight to stretch as a family. Everybody say one active thing they did today.</p>	<p>8 Set up a track around your yard. Go around the track one time skipping. Do another lap while hopping. Run for the last lap. Think up new ways to travel.</p>
<p>9 Plan a fun fitness day with your family. Everyone can choose one special thing the family will do.</p>	 <p>Play keep-it-up with a balloon. Have a keep-it-up challenge with friends and family.</p>	<p>11 Use a deck of playing cards for a movement challenge. Name an activity-you and a friend pick a card and do the activity that many times. Face cards = 20.</p>	<p>12 Animal challenge-act like your favorite animal and see if someone can guess what you are. Take turns.</p>	 <p>Make a jumping obstacle course in your yard-remember to land on two feet!</p>	<p>14 Lie on your back with a ball in your hands, v-up and put the ball between your feet and lie back down. Repeat 20 times, exchanging the ball.</p>	<p>15 Get up early and help your family weed the garden, sweep the floors or sidewalk, and tidy up play areas.</p>
<p>16 Go on a color walk in the backyard-how many colors can you find? Do 5 jumps for each new color you find.</p>	<p>17 Carry Day today! Carry everything your mom needs to move around today. Being helpful is good exercise!</p>	<p>18 Get your feet wet and make tracks on the sidewalk. March, tip-toe, and walk backward to make different kinds of tracks.</p>	<p>19 Skate around the yard with your two feet on paper plates.</p>	<p>20 Hula hoop today-challenge a grown up to circle the hoop with you.</p> 	<p>21 Make up a new dance today-teach a friend or adult and perform a show for your family.</p>	<p>22 Play kickball in your yard-you only need two people for a really fast game.</p>
<p>23 Take turns moving across the yard in different ways-on your feet, rolling. Create many different ways to do this.</p>	<p>24 Stretch all of your muscles today. Hold each position and count to 30 for a good stretch.</p>	<p>25 Play hide and seek with a family member-run fast to hide!</p> 	<p>26 Crab walk around your house outside. Now do it again-backwards!</p>	<p>27 Play Frisbee® Golf in your yard. Throw at a target, count how many throws it takes to hit the target. Run! Take turns naming the target.</p>	<p>28 Spin around outside in the grass-how many times can you do this? Try to walk in a straight line after!</p>	<p>29 Play Simon Says with friends and family. Take turns leading the game.</p>

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.