

# Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Think about all the activities you did throughout the year. How will you stay active over the summer break?</b></p> <p>Yoga pictures from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>		<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>			<p><b>1 Play Catch</b> Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p><b>2 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p><b>3 Yogi Squat Pose</b> Hold for 30 seconds rest and repeat.</p> 	<p><b>4 Limbo</b> 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?</p>	<p><b>5 Boat Pose</b> Hold Boat Pose three times for 15 seconds.</p> 	<p><b>6 Toe Fencing</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p><b>7 A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p><b>8</b> Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p><b>9 Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 
<p><b>10 I, Spy Walk</b> Go for a walk with your family while playing a game of I, Spy.</p>	<p><b>11 Crawl Like a Seal</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p><b>12</b> Put your favorite song on and make up a dance or fitness routine!</p>	<p><b>13 Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p><b>14 Yogi Squat Pose</b> Hold for 30 seconds rest and repeat.</p> 	<p><b>15 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>16</b> Swimming at the pool today. Have fun with friends and family swimming in the pool.</p>
<p><b>17 Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p><b>18 Bridge Pose</b> Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p>	<p><b>19</b> Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p><b>20 Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p><b>21</b> Put your favorite song on and make up a dance or fitness routine!</p>	<p><b>22 Sidewalk Chalk Balance</b> Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p><b>23 Downward Dog</b> Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p> 
<p><b>24</b> Play outside and run through the sprinkler today!</p>	<p><b>25 Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p> 	<p><b>26 Bear Walk</b> With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p><b>27 4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p><b>28 Read &amp; Move</b> Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>	<p><b>29 Happy Baby Pose</b> Straighten your legs for an added challenge.</p> 	<p><b>30 Wild Arms</b> As fast as you can complete: 10 Arm Circles front &amp; back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>