


Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: •American Heart Month •National Children’s Dental Health Month •Teen Dating Violence Awareness Month Yoga pictures from www.forteyoga.com		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!		Before you start: Look at the month’s activities. Circle the activities that improve your cardiovascular endurance.	1 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	2 Try and sprint from one end of your street to the other. Have a family member time you.
3 Yogi Squat Pose Hold for 30 seconds rest and repeat. 	4 Handstands Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.	5 Boat Pose Hold Boat Pose three times for 15 seconds. 	6 Toe Fencing With a partner, hold each other’s shoulders. Try to tap the other person’s toe without having yours tapped.	7 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.	8 Along the sidewalks alternate between skipping, speed walking, and jogging.	9 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. 
10 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.	11 Exercise DVD Get an exercise DVD or find one on the internet and do it with the whole family.	12 Put your favorite song on and make up a dance or fitness routine!	13 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.	14 Yogi Squat Pose Hold for 30 seconds rest and repeat. 	15 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	16 How long can you go? On a treadmill or outside test your cardio endurance and see how long you can run without stopping. Stretch when done.
17 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof’s Repeat 3x	18 Bridge Pose  Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.	19 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	20 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	21 Put your favorite song on and make up a dance or fitness routine!	22 Hit the Track Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!	23 Downward Dog Hold three times for 20 seconds. Try lifting one leg for an even greater challenge! 
24 Go Outside Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.	25 Crane Pose Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	26 Tabata Jump squats 20 seconds of work 10 seconds of rest 8 rounds	27 4 Walls 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	28 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.		