













# May 2009

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 <a href="http://www.naspeinfo.org/observePE">www.naspeinfo.org/observePE</a> for an observation assessment tool.				<b>1</b> Find a big target and throw as hard as you can at it. Step right at the target with your opposite foot. 	<b>2</b> Rainbow game-play with a friend. Name a color- both of you run and touch 3 things of that color. Run fast!
<b>3</b> Log rolls outside in the grass.	<b>4</b> Play opposite-run fast, run slow, skip high, skip low, march soft, march hard.	<b>5</b> Play catch with a friend- eyes on the ball, reach, and pull it in to catch it. Coach each other. Can you catch 100 times? 	<b>6</b> Make a hopscotch court and play with family or friends. For ideas, go to: <a href="http://www.streetplay.com/rulesheets/pdf/hops_cotchsheets.pdf">http://www.streetplay.com/rulesheets/pdf/hops_cotchsheets.pdf</a>	<b>7</b> Go outside and run-try different pathways- straight, zigzag, and curved; change speed-fast, slow.	<b>8</b> Spring cleaning- pick up sticks and grass clippings in the yard.	<b>9</b> Animal walks-move like a monkey, a rabbit, chicken, a dog, a snake, and a kangaroo.
<b>10</b> Play jacks with a friend. No jacks? Use a little ball and some small stones. Go to: <a href="http://www.ehow.com/how_2964_play-jacks.html">http://www.ehow.com/how_2964_play-jacks.html</a>	<b>11</b> Can you throw a Frisbee®? Practice with a friend. How many catches can you make? Can you hit a target? 	<b>12</b> Practice dribbling a ball with your feet today. 	<b>13</b> Play statue. Hold a position for 10 seconds, and then try another pose.	<b>14</b> Balance on four body parts. Then try three. Then balance on two. Can you make different body parts be your base?	<b>15</b> Try doing cartwheels outside. Remember to start and land with your body sideways.	<b>16</b> Baseball season is here-practice striking a soft ball off a tee or from a pitch.
<b>17</b> Climb on something today. Plan where to put your hands before you reach.	<b>18</b> Practice volleying with a friend-use a racquet or paddle. No paddle? Use a Frisbee® to strike. 	<b>19</b> Race your friend today in the playground during recess.	<b>20</b> Set up bowling on your sidewalk or deck using empty water bottles filled with sand or water.	<b>21</b> Jump rope today. No rope? Pretend! 	<b>22</b> Go on a neighborhood hike today with a friend-count how many things you see that can be used for physical activity.	<b>23</b> Practice skipping, skip everywhere you go today. Remember to step hop, step hop, over and over.
<b>24</b> Find some stairs-run up and down the stairs ten times today.	<b>25</b> Do some sit ups - can you do 25 sit ups?	<b>26</b> List all the active words you know-do the activities ten times each today.	<b>27</b> List all the different things you can do with a ball and practice them.	<b>28</b> Play balloon volleyball over a chair with a friend. Can you keep it up? 	<b>29</b> Do some push-ups outside with your hands on a railing or wall.	<b>30</b> Go to your local park and play on the playground equipment.