










September 2009

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Back to basics this month! Practice all your skills in the games you play at home and during recess!</p>		<p>1 Last day of log rolls in the late summer grass.</p>	<p>2 Balance practice today for 10 sec. on one foot. Now try the other foot. Repeat ten times all through the day.</p>	<p>3 Do 10 tuck jumps. Rest. Do 10 more. Can you do 10 more? If you do this 10 more times, how many did you do?</p>	<p>4 Dribble a ball 100 times with each hand.</p> 	<p>5 How many times can you clap before catching a tossed ball. Try 5 times during the day.</p>
<p>6 Jump rope for at least 5 minutes. Try this before every meal today.</p>	<p>7 Labor Day! Make up a dance to your favorite song. Teach it to a friend.</p>	<p>8 Do 3 sit-ups for every letter in "Back to School!"</p> 	<p>9 Practice juggling. Offer to teach your juggling skills to an adult.</p>	<p>10 Run backward 25 steps. Run forward 25 steps. Repeat.</p>	<p>11 Tap a ball off your knee 10 times. Repeat on the other knee. Repeat again to both sides.</p>	<p>12 Jog around the neighborhood with an adult in your family. Play "I Spy" while you are running.</p>
<p>13 Balance a book on your head and walk for at least two minutes. After a rest, try again.</p>	<p>14 Play kickball with your friends during recess today.</p> 	<p>15 Do three sets of 15 jumping jacks. Can you do another set?</p>	<p>16 Run in place for one minute. Rest. Run again. Rest. Run again.</p>	<p>17 Walking is great exercise! Power walk 5 laps around your playground during recess.</p>	<p>18 Play a game of two-square during recess. Strike the ball back and forth with a partner for 100 strikes.</p>	<p>19 Pretend you are a boxer. Practice your punches.</p> 
<p>20 Do 2 sets of 10 push-ups. Do 2 sets of 10 sit-ups. Can you do this one more time?</p>	<p>21 Play catch with a friend. What is the highest number of times you can catch without a drop?</p>	<p>22 How long can you hop on one foot? Try the other foot. After a rest, do it again.</p>	<p>23 Do one jumping jack for every day in September!</p>	<p>24 Pass a ball around your waist 75 times. Pass it around your knees 25 times. Do it all again!</p>	<p>25</p>  <p>Practice shooting hoops on the playground.</p>	<p>26 Ride a bike with your friends or family today.</p>
<p>27 Find a target in your yard and throw a ball at the target until you hit it 100 times.</p>	<p>28 Play 'keep it up' with a balloon. Find a friend and volley the balloon 50 times.</p>	<p>29 Pretend to be a Karate' expert. Kick at least 50 times. Repeat.</p>	<p>30 March 100 steps in place. Jog 100 steps in place. Do it again!</p>		<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.</p>	