





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 How Fast Can You Go? ♥ Pick a distance and see how fast you can run the distance.</p>	<p>2 Band Aid Tag ♥ When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed.</p>	<p>3 Make Your Own Stilts Strap tin cans to the bottom of your feet and see if you can walk without falling.</p>	<p>4 Just Dance ♥ Put your favorite song on and make up a dance to it!</p>	<p>5 Follow the Leader ♥ Play Follow the Leader... with exercises! You can run, skip, and even dance! Wear red!</p>	<p>6 Catch Throw and catch with a partner(s). Practice using a variety of balls (e.g. a football, whiffle ball, and basketball.)</p>
<p>7 Balloon Bounce With a partner or by yourself try to keep a balloon in the air as long as you can.</p>	<p>8 Jumping Beans ♥ Be creative and see how many different ways you can jump rope. Teach a friend.</p>	<p>9 Carioca ♥ Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p>10 Red Light, Green Light Alternate rounds by hopping, galloping, running, sliding, skipping, and leaping.</p>	<p>11 Jump Rope ♥ Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p>12 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>13 Flamingo Pose Balance on one leg lifting the opposite leg back to hip height. </p>
<p>14 Reverse Tag ♥ All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes the "it" for the next round</p>	<p>15 Crawl Like a Seal ♥ 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>16 Sock Skating Wearing only your socks try skating around your kitchen floor.</p>	<p>17 Frog Pose Squat down like a frog with your hands by your feet. </p>	<p>18 Crazy 8's ♥ 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>19 Active Word Showdown Write down all of the active words you can think of. When you're finished go act them out!</p>	<p>20 Around the House ♥ See how many times you can run around the outside of your house without stopping. Check your pulse when done.</p>
<p>21 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 and try to beat your score!</p>	<p>22 Use Your Imagination Make up a game using a football, a hula hoop, jumping jacks, squats and running.</p>	<p>23 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>24 Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together.</p>	<p>25 Cardio and Stretch ♥ Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>26 Frog Jump ♥ From the frog pose position, jump up and down and around your house. Have a frog race!</p>	<p>27 Commercial Break During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?</p>
<p>28 Kick City ♥ 20 side kicks 20 front kicks 20 back kicks</p>	<p>29 Snake/Cobra Pose Lay down on your stomach and your chest bringing your arms back. </p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> American Heart Month National Children's Dental Health Month Teen Dating Violence Awareness Month Feb. 5th National Wear Red Day Feb. 7th National Black HIV/AIDS Awareness Day <p>♥= Heart Healthy Activities</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>	