

October 2015

Elementary Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>NATIONAL HEALTH OBSERVANCES</p> <ul style="list-style-type: none"> • Health Literacy Month • National Bullying Prevention Month • Red Ribbon Week (23-31st) 		<p>1 Jump Rope!</p> <p>See how many times you can jump backwards in a row</p> <p>Practice the Bell and Skier jumps from last month, too!</p>	<p>2</p> <p>Practice your basketball dribbling skills!</p> <p>Behind the back? Between the legs? High? Low? Fast?</p>	<p>3</p> <p>Gather up some friends and create an obstacle course. Who can complete it faster?</p>
<p>4</p> <p>Gymnastics</p> <p>Practice your forward rolls, cartwheels, and handstands. Be careful!</p>	<p>5</p> <p>Try a new healthy food!</p> <p>Write about how it looks tastes, smells, and feels</p>	<p>6</p> <p>Abs Day!</p> <p>20 bicycles 20 sit-ups 20 leg lifts</p>	<p>7</p> <p>International Walk to School Day!</p> <p>Walk to school today with some friends and get those brain cells activated!</p>	<p>8</p> <p>Hold Chair Pose three times for 20 seconds. Practice the other poses from last month (Tree, Downward Dog, and Cobra)</p> 	<p>9 Story Swap!</p> <p>Have you ever seen bullying? How did it make you feel? Think about what you can do to prevent bullying.</p>	<p>10</p> <p>Scavenger Hunt</p> <p>Split into two teams; make a list of 20 things and race to see which team can gather them first</p>
<p>11</p> <p>Gather up some friends and practice putting golf balls into cups or coffee mugs. Vary the distances</p>	<p>12</p> <p>Traffic Light Fruit Kabobs!</p> <p>Put red fruit, yellow fruit, and green fruit on a skewer. Eat and enjoy!</p>	<p>13</p> <p>Create a new game and teach it to your friends. Be creative!</p>	<p>14</p> <p>Hold a Butterfly Stretch three times for 15 seconds. Try and touch your nose to your toes during TV commercial breaks!</p> 	<p>15</p> <p>Gather up some friends or family members and have a three-legged race in the yard. See who can make it to the finish line first!</p>	<p>16</p> <p>World Food Day!</p> <p>Have a family meal with food from a different country. Research some interesting facts about that country</p>	<p>17</p> <p>Crab Soccer!</p> <p>Split into two teams and play soccer on your hands and feet. What team can score the most goals?</p>
<p>18</p> <p>Walk around a local park or neighborhood and clean up all the trash you see. Remember to recycle!</p>	<p>19</p> <p>Crank up the tunes and have a dance party with some friends! What cool moves can you do?</p>	<p>20</p> <p>Island Green!</p> <p>Try a delicious smoothie with Spinach, Kale, Mango, Pineapple, and Banana.</p> <p>The fruits can be substituted</p>	<p>21</p> <p>Walk/run around your house for 10 minutes straight. How many times can you make it around?</p>	<p>22</p> <p>Play a sports game with some friends! Basketball, kickball, badminton, it's up to you!</p>	<p>23</p> <p>Red Ribbon Week is drug prevention week!</p>  <p>Make a Red Ribbon Week poster and hang it up for your family and friends to see!</p>	<p>24</p> <p>Talk with your parents and teachers about any ideas you have for preventing bullying to keep everyone safe.</p>
<p>25</p> <p>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>26</p> <p>Go on a walk and discuss ways to say no to drugs. What refusal techniques can you come up with?</p>	<p>27</p> <p>Clap and Catch!</p> <p>Throw a ball or soft object up into the air. See how many times you can clap before you catch it</p>	<p>28</p> <p>Reverse Tag!</p> <p>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>29</p> <p>Jump Rope!</p> <p>Try a Straddle jump! To do so, jump to a straddle position and return to a basic bounce.</p> <p>Hint: spread feet shoulder-width apart</p>	<p>30</p> <p>Do three sets of 10 high skips.</p> <p>Really lift those arms and knees!</p>	<p>31</p> <p>Remember these safety tips if participating in Halloween festivities!</p> <ol style="list-style-type: none"> 1. Don't eat any unwrapped candy 2. Stay with your group 3. Remain on the sidewalks