









# November 2009

## Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> Practice vertical jumping today-jump high and reach for the sky.</p>	<p><b>2</b> Think up activities that start with every letter of the alphabet and do them. A is for alligator crawl, B is for bouncing. Make up your own.</p>	<p><b>3</b> Play tag today at school. Include all of your friends. Use different locomotor activities in the game.</p>	<p><b>4</b> Make an obstacle course in your house or backyard. Now try it out!</p>	<p><b>5</b> Practice dribbling a ball with one hand, now the other hand. Now change hands with each bounce.</p>	<p><b>6</b> Throw underhand at a target. Take one step away and practice some more. Keep stepping back to make it harder.</p>	<p><b>7</b> Practice hula hooping today. Get your parent or another adult to try too!</p>
<p><b>8</b> Practice frog jumps across the backyard or down a sidewalk.</p>	<p><b>9</b> Use two empty water bottles to tap out rhythms. Tap your name, making a new pattern for each letter. Make up new patterns.</p>	<p><b>10</b> Pretend you are a horse and gallop around the playground at school today.</p>	<p><b>11</b> Walk on a board or crack in the sidewalk-can you stay on the line? Now balance on one foot. Switch feet. Strike a pose!</p>	<p><b>12</b> Jog laps around the playground at school today. Can you jog without getting tired? Take slow and deep breaths.</p>	<p><b>13</b> Practice jumping off of something and landing softly. Start with a low step.</p>	<p><b>14</b> Stand on one foot and practice hopping. Change feet and practice on both legs. Now hop backwards.</p>
<p><b>15</b> Bounce a ball under each leg and catch it.</p>	<p><b>16</b> Play catch with a friend during recess today. Try for 100 good catches!</p>	<p><b>17</b> Practice your jump roping skills today.</p> 	<p><b>18</b> Jump side to side over a line. Now jump from one spot to another spot. Change the distance for a long jump.</p>	<p><b>19</b> Crab walk around the playground today.</p>	<p><b>20</b> Play partner tag with a friend today. Play until you are tired. Try again later.</p>	<p><b>21</b> Sing a happy song and skip around the neighborhood today.</p>
<p><b>22</b></p>  <p>Practice dribbling a ball with your feet today.</p>	<p><b>23</b> Practice leaping from one leg to another. Pretend you are leaping over a turtle.</p>	<p><b>24</b> Try catching a ball that you throw to yourself using a plastic cup. Keep your eyes on the ball.</p>	<p><b>25</b> Practice kicking a ball with a friend. Can you kick the ball right to your partner?</p>	<p><b>26</b> Play Blob Tag today with your friends.</p>	<p><b>27</b> Practice sliding to the right and sliding to the left. What sports use sliding?</p>	<p><b>28</b> Place a ball on the ground and see if you can jump forward and backward over the ball.</p>
<p><b>29</b> Do ten curl ups. Find ten times to do this today.</p>	<p><b>30</b> Use a stuffed animal to play catch with somebody.</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 <a href="http://www.naspeinfo.org/observePE">www.naspeinfo.org/observePE</a> for an observation assessment tool.</p>	