

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>National Observances</b> <ul style="list-style-type: none"> <li>National Courtesy Month</li> <li>National Self-Care Awareness Month</li> <li>National Suicide Prevention Month</li> <li>Fruit and Veggies – More Matters Month</li> <li>National Childhood Obesity Awareness Month</li> <li>National Yoga Awareness Month</li> </ul>			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. <a href="#">Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</a>		<b>1 Stretch Challenge</b> Bend your body to form each letter of September. Take note of where you feel the stretch.	<b>2 National Play Outside Day</b> Create your own circuit outside to include one exercise from each category: squat, hinge, lunge, push, pull, carry, run!
<b>3 Check In</b> How are you doing in meeting your physical activity goal from the end of August? Do you need to adjust it so that it's a goal you can meet?	<b>4 Labor Day!</b> Play your favorite game. Identify which motor skills are used.	<b>5 Celebrate National Book Month</b> Pick a book from the library. Record your thoughts as you read the book.	<b>6 Mental and Emotional Wellness</b> Create a personal mental/emotional wellness plan for the marking period/semester.	<b>7 Introduce Yourself!</b> Introduce yourself to at least 3 new classmates. Share an interesting trait you have.	<b>8 Stretch Your Way Back to School!</b> Complete five stretches for your lower back after school today.	<b>9 Strongman</b> Perform 5 exercises from strongman. (i.e., farmer's carry, arm-over-arm rope pull, sandbag over bar, and med ball over shoulder)
<b>10 Incorporate Wellness</b> Find a new physical activity to add to your monthly routine.	<b>11 Lunges All Day</b> Movement Focus: How many ways can you lunge? Lunge in all directions. Lunge with each leg up to a 6" box 10 times.	<b>12 Proper Form</b> Learn how to properly spot exercises, and which exercises need to be spotted, so you'll be able to help spot fellow exercisers when needed.	<b>13 Physical Wellness</b> Create a personal physical activity plan for the marking period/semester.	<b>14 Dance Party!</b> Have an impromptu dance party today with your family or friends, or by yourself!	<b>15 Mobility is Flexibility in Action!</b> Perform five of your favorite stretches, each for 15 sec. Then repeat each once more, taking note of the differences.	<b>16 Sports!</b> Perform 6 exercises that strengthen the core for sports performance. Examples include: med ball rotation, Push press, plank, and wood chops.
<b>17 Advocacy</b> What can you do to advocate to your friends and family to get them to increase their physical activity?	<b>18 Dynamic Warm-up</b> Choose motions to warmup your body for your workout. Use RAMP protocol: Raise body temp, Activate and Mobilize muscles and joints, and increase the Potential of successful exercise movement.	<b>19 Compliments!</b> Compliment a classmate who needs a boost today.	<b>20 Intellectual Wellness</b> Create a personal intellectual/educational wellness plan for the marking period/semester.	<b>21 Celebrate Your Wins!</b> Make a list of all the things you are proud of and have accomplished!	<b>22 Take a Yoga Class</b> Note the movements that you can add to your flexibility routine.	<b>23 September Saturday</b> Perform 10 reps of one exercise for each letter in September. (i.e., Superman, Extended lunge stretch, Pulse Squats, Toes to bar, etc...)
<b>24 Research</b> How many minutes of physical activity is nationally recommended for a person each day?	<b>25 Mirror Moving</b> Stand facing your friend and try to mirror each other's movements. Increase the distance between you and then the speed of movements.	<b>26 Gratitude</b> Start the day with gratitude. Thank the first person you see for something nice they have done.	<b>27 Balancing Your Wellness</b> review your dimensions of wellness to determine how each one contributes to the balance of them all.	<b>28 Reflect and Reassess</b> How is the school year going? What do you enjoy? What challenges you? Are there any changes to make to have the most successful year?	<b>29 Mindful Stretching</b> As you perform your stretches, take time to feel each muscle stretch. Relax and breathe with each stretch.	<b>30 30 for 30</b> Perform 30 exercises, spread throughout the day. Pick three different exercise, each hour, for 10 hours.