




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | 1 Code Words While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year | 2 Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet. | 3 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word is read stand up and sit down. | 4 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. | 5 Pretend! Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car | 6 Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing! |
| 7 Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back. | 8 Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner. | 9 High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time. | 10 Play Simon Says Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first. | 11 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds. | 12 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms. | 13 Seated Forward Bend Pose  Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need. |
| 14 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away. | 15 Hands & Knees Balance Pose  Hold for 30-60 seconds, switch sides and repeat. | 16 Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go. | 17 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire. | 18 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds | 19 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps | 20 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it. |
| 21 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times. | 22 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards | 23 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps | 24 Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet. | 25 Low Lunge Pose  Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. | 26 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | 27 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest |
| 28 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song! | 29 Tea Cup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. | 30 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | 31 Flexible Alphabet Can you make your body look like every letter in the alphabet? | 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! | | NATIONAL HEALTH OBSERVANCES National Blood Donor Month |