




















November 2007

Elementary Fitness Calendar~Give Thanks for Great Health!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Get some ideas for physical activity every day. Go to: http://www.getkidsinaction.org/ and look this over with a parent.</p>		<p>Try some family yoga time! For ideas, go to: http://www.susankramer.com/Yoga.html</p> 		<p>1 Play tag today with your friends! Go home and teach the game to an adult.</p>	<p>2 Log roll down a hill. Climb back up and do it as many times as you can!</p>	<p>3 Take a grownup out for a run in your neighborhood.</p>
<p>4 Design a Frisbee® golf course in your yard. Challenge the whole family to play. Count the throws needed to hit each target.</p>	<p>5 Do some sit-ups today. Do ten sit-ups before each meal.</p> 	<p>6 Pretend you are a ballroom dancer and glide across the floor. Find a partner and turn up the music!</p>	<p>7 Turn on your favorite music and dance today.</p> 	<p>8 Try some shuttle runs back and forth in the playground. Race your friends!</p> 	<p>9 Play catch with a friend. Can you catch 100 times in a row without missing?</p>	<p>10 Enjoy apple season! Go out to a local orchard and pick some apples.</p> 
<p>11 Walk to a local park and climb on the monkey bars.</p> 	<p>12 Compete with a friend and see who can stand on one leg the longest? Now try the other leg.</p>	<p>13 Stretch today! Try straddle stretches and arm stretches. Hold each stretch for 15-30 seconds. Do them five times each.</p>	<p>14 Push-ups today. Can you keep your body real straight? Lower until your shoulders are even with your elbows for good form. How many can you do?</p>	<p>15 Get a ball and make up a new game today. Teach it to a friend.</p> 	<p>16 Get on your bike and go for a ride. Remember your helmet, please!</p> 	<p>17 Go downtown with an adult and take a hike to see the sights or shop.</p> 
<p>18 Go out with your family for a game of miniature golf.</p> 	<p>19 Pretend you are a leaf blowing around in the wind! Dance with your arms, dance with your legs.</p> 	<p>20 Get in a push-up position and play beanbag hockey with a friend. If you don't have a beanbag, use a tennis or sock ball.</p>	<p>21 Teach an adult what you learned in physical education class this week.</p>	<p>22 Happy Thanksgiving!</p>  <p>Go out for a family walk after dinner.</p>	<p>23 Kick a ball around today. Try one-on-one soccer with a friend.</p> 	<p>24 Learn a new jump rope trick today and practice until you master it!</p> 
<p>25 Rake the last of the fall leaves this weekend.</p> 	<p>26 Find a line on the playground and do 50 line jumps, side to side, over the line.</p>	<p>27 Do something fun and different, like skating, skateboarding, walking on stilts, or using a balance board.</p>	<p>28 Use a bench or the steps to your house for a step workout. Go up and down 100 times. Count out loud! Now try it sideways.</p>	<p>29 Find a friend and pretend you are a mirror image of each other. Can you mirror each other for many different movements?</p>	<p>30 Get some scarves and juggle. No scarves? Cut two plastic grocery bags into squares and juggle three squares.</p>	