













# June 2009



## Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June is the perfect time for Vacation Recreation!</p>	<p>1 Go outside and run in circles with a friend. Take turns chasing each other.</p> 	<p>2 Practice throwing into a target-a basket or paper bag works great.</p>	<p>3 Plan some relay races with your pals in the neighborhood. Use different locomotor skills.</p>	<p>4 Throw a Frisbee® as far as you can and run to get it -fast!</p> 	<p>5 Play follow-the-leader with a friend. Take turns leading.</p>	<p>6 Water day! Go to the local pool, run through a sprinkler, or slip and slide in the yard!</p>
<p>7 Draw shapes on the sidewalk with chalk-jump and hop in and out of the shapes. Draw your own hopscotch court.</p>	<p>8 Use a beach ball or balloon to strike the ball upward with a friend. Keep it up!</p> 	<p>9 Watch the birds, and fly like a bird outside. Swoop high, swoop low.</p>	<p>10 Use a ball to dribble with your feet-tap, tap, run, run!</p> 	<p>11 Practice passing a ball to a friend, using your feet.</p>	<p>12 Put on some fast music and dance!</p> 	<p>13 Roll in the grass, in a tight ball, in a long log shape, sideways-use your imagination.</p>
<p>14 Balance practice today. Try balancing objects on different body parts.</p>	<p>15 Practice throwing and catching with a friend. Use different sized objects to improve your skills.</p>	<p>16 Practice frog-jumping. Can you frog jump over obstacles?</p> 	<p>17 Practice your batting skills in the yard with a friend or family member.</p>	<p>18 Pop fly practice. Throw the ball very high to a friend-see if you can both catch those high balls.</p>	<p>19 Get out for a bike ride today. No bike? Then get out for a long power-walk with an adult.</p> 	<p>20 Grab bag activity. Write twenty different fun things to do on paper. Put in a bag. Take turns picking out a task and do it.</p>
<p>21 Stand on a small box and practice jumping off.</p> 	<p>22 Practice hopping everywhere you go today. Remember, hopping is done on one foot.</p>	<p>23 Practice using a hula-hoop. Can you make it go around your waist? Your arm? Try jumping it like a jump rope.</p> 	<p>24 Umbrella dance-use an umbrella to make up your own dance.</p>	<p>25 Lay on your belly-lift your arms and legs up like Superman. Hold for 10 sec. Do this ten times.</p>	<p>26 With a friend, hold a towel by its corners. Play keep-it-up with a ball, stretching the towel tight to push the ball up. How many times can you do this?</p>	<p>27 Pretend you are on a safari in your yard and act out each wild animal you might see.</p>
<p>28 Play with a friend and mirror each other's movements.</p>	<p>29 Lay a rope or string out on the ground and jump back and forth over it. How many can you do? Now hop on one foot!</p>	<p>30 Creep and crawl in the grass-what can you find? Log roll back to where you started.</p>		<p>Make a summer activity bag for home, filling a pillowcase or laundry bag with fun and inexpensive toys from the dollar store: jump rope, jacks, foam football, playground ball that bounces, tennis balls, racquets and shuttlecock, paddles, small balls, beanbag toys and a bucket or basket to use as a target. Busy, active fun!</p>	