







June 2009

# Get Moving Today Activity Calendar



| SUNDAY                                                                                                                        | MONDAY                                                                                                                | TUESDAY                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                               | FRIDAY                                                                                                                        | SATURDAY                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
|                                               | <p><b>1</b> Run in circles. Go outside and run in big, small, and medium sized circles.</p>                           | <p><b>2</b> Make a paper airplane and see how far you can make it fly.</p>                                                                            | <p><b>3</b> Work on your tossing skills. Find some small objects to toss into a box. Keep backing up to see if you can toss further.</p>                                                                                                                                                                           | <p><b>4</b> Play catch with someone. Start really close and after every 2 tosses back up one step.</p> | <p><b>5</b> Draw a hopscotch pattern outside and work on your jumping and hopping skills.</p>                                 | <p><b>6</b> Go to a park and try to keep moving for 15 minutes without stopping...run, climb, and jump.</p>                                 |
| <p><b>7</b> Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over.</p>                  | <p><b>8</b> Stretch your body into the shapes of each letter in your name. Stretch big and small.</p>                 | <p><b>9</b> Can you walk while you balance a book on your head?</p>  | <p><b>10</b> Spread out paper plates on the floor. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.</p>                                                                                                                                                          | <p><b>11</b> Roll up some socks to make a soft ball and practice your self-toss and catch skills.</p>  | <p><b>12</b> Find an open space and work on rolling in different ways...long, straight body and a curled up small body.</p>   | <p><b>13</b> Say three different motions as your partner does them, such as touch your nose, spin around, and jump up high. Take turns.</p> |
| <p><b>14</b> Go for a family walk and take turns saying something you are really happy about or thankful for.</p>             | <p><b>15</b> Find a line on the floor, practice jumping over it. Swing your arms high and land softly.</p>            | <p><b>16</b> Draw or cut out some odd shapes, then put your body into each shape.</p>                                                                 | <p><b>17</b> Turn on some slow, quiet music – lay on the floor, relax, breath and stretch.</p>                                                                                                                                                                                                                     | <p><b>18</b> Walk and run around your house 4 times. Each time try to go a little faster.</p>          | <p><b>19</b> Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.</p> | <p><b>20</b> Pretend that you are at a magical zoo. Identify an animal-move and sound like that animal.</p>                                 |
| <p><b>21</b> Pretend to be a growing flower. First you are a tiny seed in the ground and then you grow into a big flower.</p> | <p><b>22</b> Find a balloon and try to keep it up in the air. Try volleying it with different parts of your body.</p> | <p><b>23</b> Work on throwing hard. Bring the ball back to your ear and take a nice big step forward.</p>                                             | <p><b>24</b> Play follow the leader with someone. Try to move in many different ways.</p>                                                                                                                                                                                                                          | <p><b>25</b> Do a job like sweep the floor. Try to find something that uses lots of muscles.</p>       | <p><b>26</b> Draw different shapes with sidewalk chalk and practice moving over and around them.</p>                          | <p><b>27</b> Work on dribbling a ball with your feet. Try saying tap, tap, run, run as you do this.</p>                                     |
| <p><b>28</b> Practice passing a ball back and forth, using your feet. Start out close and move apart.</p>                     | <p><b>29</b> Make up a silly dance, show it to someone, and then ask them to do it with you.</p>                      | <p><b>30</b> Go back and do your favorite activity this month.</p>                                                                                    | <p>Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit <a href="http://www.naspe.org">www.naspe.org</a>. For more information about lifelong and inclusive physical activity visit <a href="http://www.aapar.org">www.aapar.org</a></p> |                                                                                                        |                                          |                                                        |