




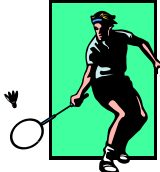








# June 2009



## Secondary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Find a physio ball and lean against a wall in a squat position with the ball between you and the wall. Perform 4 sets of 30 seconds bouts.</p>	<p>2 Ride your bike today for 40 minutes, try some yoga for your cool down. Don't forget 3 sets/20 reps of your favorite ab exercise.</p>	<p>3 Isometric contraction-perform 2 sets/10 reps push-ups, holding your position half way down for 5 seconds.</p>	<p>4 3 mile endurance run/walk today! Take a friend! Perform 3 sets/ 10 reps, 30 second hover holds.</p>	<p>5 3 sets/30 reps of exercise ball curls, followed by 2 armed dumbbell raises overhead , 3 sets/20 reps.</p>	<p>6 Mow the lawn today with a walking mower-power walk the entire task!</p>
<p>7 Get an hour of physical activity outside at a local park; bring a friend and a Frisbee®.</p>	<p>8 3 sets/25 reps walking lunges- go outside if possible. Alternate left and right lunges.</p>	<p>9 Run a fast mile, then walk a mile; repeat one more time. Stretch to cool down.</p>	<p>10 Find a pull-up bar and do as many pull-ups as you can or perform the flex arm hang for as long as possible. Repeat.</p>	<p>11 Your choice for 30 minutes: run, vigorous walk, cycle or swim today. Combine two activities.</p>	<p>12 3 sets of Yoga plank position for as long as possible, followed by 3 sets/20 reps alternating elbow-to-knee crunches.</p>	<p>13 Power walk for at least 30 min, followed by some wind sprints. Stretch for 20 min to cool down.</p>
<p>14 Sign up for trail cleanup duty at a local hiking trail.</p>	<p>15 3 sets/15 reps tricep dips; alternate with 3 sets/12 reps flat bench dumbbell presses.</p>	<p>16 Get some friends together for a game of kickball!</p> 	<p>17 3 sets/12 reps front deltoid raises and 3 sets/20 reps upright rows.</p>	<p>18 Head out to the mall for some laps; 1 mile of power walking. Hold the hover 15 times throughout the day for 30 sec intervals.</p>	<p>19 3 sets/12 reps side squats to both sides w/resistance; then try 3 sets/20 reps bicep curls w/wts.</p>	<p>20 Try some rolling fun today-bike ride, roller-blade, or skateboard for 60 min. Wear your helmet!</p>
<p>21 Get friends and try kayaking today.</p> 	<p>22 Explore a "Body Pump" or "Group Power" class at the gym-sculpting muscles is fun!</p> 	<p>23 3 sets/20 reps lunges on a bench or bosu ball; 3 sets/15 reps crunches on a bosu ball or physio ball.</p>	<p>24 Go to the fitness center and run on the treadmill for 30 minutes. Try 10 crunches ten times during the day today.</p>	<p>25 Try some line dancing today!</p> 	<p>26 3sets/20 reps push-ups on a bench or railing in your local park; 4 sets/10 reps plyometric jumps onto a bench or curb.</p>	<p>27 Play badminton with your friends.</p> 
<p>28 Get out in the garden today! Pulling weeds burns calories!</p>	<p>29 Take 4 shuffle steps to your right and squat between each step; then to the left-do 3 sets/10 reps. Do not bring feet together</p>	<p>30 Find some steep stairs outside and run up and down, 4 sets/10 reps-talk about cardio!</p> 				

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit [www.naspeinfo.org/observePE](http://www.naspeinfo.org/observePE) for an observation assessment tool.