




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><b>Code Words</b> While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year</p>	<p>2</p> <p><b>Flexible Alphabet</b> Can you make your body look like every letter in the alphabet?</p>	<p>3</p> <p><b>Parachute</b> With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>4</p> <p><b>Read &amp; Move</b> 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.</p>	<p>5</p> <p><b>Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>6</p> <p><b>Pretend!</b> Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car</p>	<p>7 <b>Commercial Stroll</b> 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!</p>
<p>8</p> <p><b>Underhand Toss Target Practice</b> Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>9</p> <p><b>Balloon Bounce</b> Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>10</p> <p><b>High Knees &amp; Stretch</b> High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>11</p> <p><b>Play Simon Says</b> Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.</p>	<p>12</p> <p><b>Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>13</p> <p><b>Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>14 <b>Seated Forward Bend Pose</b></p>  <p>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>
<p>15</p> <p><b>Crabby Clean Up</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>16 <b>Hands &amp; Knees Balance Pose</b></p>  <p>Hold for 30-60 seconds, switch sides and repeat.</p>	<p>17</p> <p><b>Long Jump</b> Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>18</p> <p><b>Army Crawl</b> Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>19</p> <p><b>Do this:</b> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>20</p> <p><b>Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>21</p> <p><b>Clap and Catch</b> Throw a soft object up into the air. See how many times you can clap before you catch it.</p>
<p>22</p> <p><b>Wake and Shake</b> 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.</p>	<p>23</p> <p><b>A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p>24</p> <p><b>Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>25</p> <p><b>Parachute</b> With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>26 <b>Low Lunge Pose</b></p>  <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>27</p> <p><b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>28</p> <p><b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>
<p>29</p> <p><b>Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>30</p> <p><b>Tea Cup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>31</p> <p><b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>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!</b></p>		<p><b>NATIONAL HEALTH OBSERVANCES</b> National Blood Donor Month</p>	