




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Grab any type of racket and a ball and make up a game. Be creative!	2 Pick your favorite activity from this month and do it again!	3 Make up a dance today-teach it to a grown-up and play music that makes it even more fun!	4 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.	29 Hold yoga's warrior one pose for one minute. It's a lunge position with both arms extended straight up in the air.	28 Rock Paper Scissors Tag Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.	3 Go outside with family and friends and play your favorite game for at least an hour.
4 <u>Locomotor Tag</u> Play tag and each round use a different locomotor movement such as skipping, galloping, sliding, running and walking.	5 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?	6 Practice balancing on one foot on a step chair or low timber. Use your balance helpers!	7 Set up some targets and try and hit them with a football.	8 <u>Balloon Dancing</u> Stand Back to back with a partner, put some music on and dance without dropping the balloon.	9 Shoot some hoops with a friend. How many baskets can you make out of 50 tries? Any kind of shot.	10 Scavenger Hunt Split into two teams; make a list of 20 things related to winter and race to see which team can gather them first.
11 Gather up all the kids in your neighborhood and play hide and go seek! Be Careful!	12 <u>Cobra Stretches</u> Lie face down and push your chest off the ground for 20 seconds. Do 10 times.	13 Practice your chest passes against a brick wall. Remember to step towards your target.	14 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.	15 <u>Obstacle Course</u> Gather up some friends and create an obstacle course. Who can complete is faster?	16 Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?	17 See how fast you can run one mile. Have a family member time you!
18 <u>Family Adventure</u> Go for a walk with your family on a trail you've never traveled before.	19 <u>Jug Ball</u> Play catch with two milk cartons with the bottom cut off and a tennis ball	20 <u>Soccer Juggle</u> See how many times in a row you can juggle a soccer ball using only your knees. 20?	21 Go to the nearest baseball/softball diamond and play some games of pickle with a group of friends.	22 Go to the school or neighborhood playground and have some free play for at least an hour?	23 <u>Grass-Cutters</u> Practice running backwards. Stay low, and stay on the balls of your feet.	24 See how many times you can run around the outside of your house without stopping. Check your pulse when done.
25 Go for a walk with your parents or whoever takes care of you for an hour today. 31 Go to the local school or park and have free play for at least one hour	26 <u>Bicycles</u> Lie on your back and move your legs like your riding a bicycle to strength your stomach muscles.	27 <u>Gymnastics</u> Practice your backward summersaults. Remember to tuck your chin to your chest.			<p>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!</p>	