






August 2010

Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Plan an afternoon of physical activity. Let everyone decide one thing that they would like to do with the rest of the family.</p>	<p>2 Practice bouncing a ball. Can you bounce it really high? Can you bounce really low? Can you bounce it so it travels behind you?</p>	<p>3 How far can you kick a ball? Kick it hard, chase it, run back and kick it again.</p>	<p>4 Practice your hopping skills. Take off and land on the same foot. How many times can you hop in a row? Can you hop with both feet?</p>	<p>5 Spread out a beach towel – move around it, over it, beside it, on it, then under it.</p>	<p>6 Hit a beach ball high into the sky and chase it as it flies through the air.</p> 	<p>7 A day to stretch your body in all different shapes and directions. Try to hold each stretch until you count to 5.</p>
<p>8 Make up a yoga pose for your favorite animals. Do each pose as you relax and breathe.</p>	<p>9 Play hide and seek with a friend or family member.</p>	<p>10 Sweep the sidewalk or driveway for your family. Work hard and use those muscles.</p>	<p>11 Using paper plates try to see how far you can make them fly. What is the best way to toss it to make it go far?</p>	<p>12 Use your fine motor skills today – clean some vegetables and enjoy a treat.</p>	<p>13 Play Kick Golf – pick a target, take turns kicking until you hit the target and then pick a new goal.</p>	<p>14 Put a water hose on a plastic tarp – have fun slipping, sliding and jumping in the puddles.</p>
<p>15 Play catch. Follow the ball with your eyes and then move your hands, arms and body to meet the ball.</p>	<p>16 Using ‘stuff’ from around the house create a tunnel – have fun moving through it in different ways.</p>	<p>17 Write some letters on the driveway with a wet sponge – then jump or leap over each letter.</p>	<p>18 Take 2 minutes before going to bed tonight to stretch and relax as a family.</p>	<p>19 Another day for your fine motor skills – cut up chunks of fruit and put them onto a wooden skewer – then eat!</p>	<p>20 Pretend to be a butterfly that is flying around your yard from flower to flower. Dart, dip, swoop, and soar.</p>	<p>21 Make up a new game with your family. Give it a name and have fun playing it together.</p>
<p>22 Work on throwing a ball hard and far. Each time try to throw it a little bit further.</p>	<p>23 Pretend to move like different foods – melt like a popsicle, pop like popcorn, scramble like eggs, and slither like spaghetti.</p>	<p>24 Work on your underhand tossing skills. Find some small objects to toss into a box. Keep backing up.</p>	<p>25 How many different ways can you move your body? Have about shiver, tumble, waddle, bounce, float... what else?</p>	<p>26 Make up a movement pattern - try jump, jump, wiggle, jump, jump wiggle. Your turn!</p>	<p>27 Find a hill to run up and roll down. Go up in a different way and come down in a different way.</p>	<p>28 Go for a hike and pick up trash then toss the trash into a basket.</p>
<p>29 Work on your striking skills by hitting a pitched ball. Keep your eye on the ball.</p>	<p>30 Make up a Movement Story and then act it out!</p>	<p>31 Go back and find your favorite activity and do it again.</p>			<p>Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit www.naspe.org. For more information about lifelong and inclusive physical activity visit www.aapar.org.</p>	