







June 2010



Secondary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Register your school fun/field day now as a Hershey's Track & Field Games meet! Free program for kids 9 to 14; they can advance and become eligible to attend all expenses paid trip to Hershey PA for the North American Final. Visit www.hersheystackandfield.com<http://www.hersheystackandfield.com> for more information.</p>		<p>1 Get a volleyball and practice bumping the ball back and forth with a friend. Finish w/ 3 sets/25 decline oblique crunches.</p>	<p>2 3 sets/30 sec superman hold, then 3 sets /12 reps cross body hammer curl.</p>	<p>3 Criss-cross jump rope for 2 min followed by 25 cross punches w/ each arm.</p>	<p>4 3 sets/10 reps barbell lunges; follow with 3 sets/10 reps dumbbell raises.</p>	<p>5 3 min jogging, 3 min jump rope (w or w/o jump rope), 2 min side to side jumping. Finish with stretching.</p>
<p>6 Set up cones in the form of the letter "M". Sprint to the first cone, then follow "M" pattern to the finish line.</p>	<p>7 3 sets/15 reps butterfly; 3 sets/10 reps bench dips.</p>	<p>8 5 min jump roping, 3 sets/10 reps wide pushups, then 3 sets/25 reps scissor kicks.</p>	<p>9 3 sets/10 reps bent over two dumbbell row; 3 sets/10 reps dumbbell prone incline curl.</p>	<p>10 Play soccer with a friend, then 3 sets/12 reps weighted ball side bend.</p> 	<p>11 3 sets/10 reps stiff legged barbell dead lift; 3 sets/10 reps seated cable lateral raises.</p>	<p>12 Find a single stair and run up and down on it for 2 minutes. Rest. Jump up and down for 5 minutes. Rest. Finish with runs again for 2 minutes. Repeat sequence 5 times.</p>
<p>13 Find a pool, lake, or beach and spend today swimming w/family or friends.</p>	<p>14 3 sets/12 reps decline dumbbell bench press; 3 sets/12 reps skull crushers.</p>	<p>15 Water balloon toss-for each five catches, take a step back and keep trying; 3 sets/15 reps of 20 sec hanging pike hold.</p>	<p>16 3 sets/12 reps lying T-bar row; 3 sets/10 reps overhead cable curl.</p>	<p>17 15 min running followed by 3 sets/15 reps physio ball extensions.</p>	<p>18 3 sets/12 reps calf raises on leg pres; 3 sets/ 12 reps front plate raises.</p>	<p>19 Do your favorite cardio activity as fast as you can for 1 min. Return to a slow, comfortable pace for 1 min. Do this for 15 min, 4 times today.</p>
<p>20 Place five 2 liter soda bottles in the middle of the yard w/family members on opposite sides of the bottles. Players try to kick a ball and knock down pins.</p>	<p>21 3 sets/15 reps bench press w/ resistance; 3 sets/12 reps cable lying tricep extension.</p>	<p>22 Pool jogging 15 min, then plank hold, 3 sets/15 reps, 45 sec holds. Repeat 3 times.</p> 	<p>23 3 sets/12 reps wide grip lat pull down; 3 sets/10 reps reverse plate curl.</p>	<p>24 Play 30 min of one-on- one basketball with a friend; 3 sets/ 15 reps v-sit sit ups.</p>	<p>25 3 sets/20 reps flutter kicks on bench; 3 sets /12 reps reverse flies with dumbbells.</p>	<p>26 Play the game of four square today with friends. Try to return the ball as quickly as you can during the game.</p>
<p>27 Set up some cones or obstacles in your yard and have a race with a family member to see who can get through the obstacles the fastest!</p>	<p>28 3 sets/12 reps decline dumbbell flies; 3 sets /10 reps close grip bench press.</p>	<p>29 Have a water basketball shoot off contest with a group of friends. Then try 3 sets/25 reps scissor kicks.</p>	<p>30 3 sets/8 reps mixed grip chin-ups; 3 sets/10 reps spider curl.</p> 	<p>June 20-26 is Lightning Safety Week. Visit http://www.lightningsafety.noaa.gov/index.htm for more information.</p> 	<p>View the agility "M" drill at http://www.eliteathletetraining.com/Tips/Agility.aspx</p>	