



| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
| <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><br/>           National Blood Donor Month<br/>           National Drug &amp; Alcohol Facts Week Jan. 25-31</p>   |  |   | <p><b>1</b><br/> <b>Shoulder Shrugs</b><br/>           10 shoulder shrugs with light weights</p>   | <p><b>2</b><br/>           Jump rope as fast as you can for one minute, then rest for 1 minute.<br/><br/>           Repeat 6-8 times.</p>   |
| <p><b>3</b><br/><br/> <b>Walking</b><br/>           Bundle up and take a 10 minute walk with a friend or family. Just too cold? Take a walk around your house completing a different exercise in each room.</p>  | <p><b>4</b><br/><br/> <b>Reverse Lunges to Front Kicks</b><br/>           Do a reverse lunge and transition into a front kick with the same leg. Complete 10 then switch.</p> | <p><b>5</b><br/><br/> <b>Balance</b><br/>           Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>  | <p><b>6</b><br/><br/> <b>Stairs</b><br/>           Run up stairs in your house/apartment as fast as you can. Walk down and repeat 10 times. Try skipping a step for a challenge.</p> | <p><b>7</b><br/><br/> <b>Walking High Knees</b><br/><br/>           Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up.</p>                  | <p><b>8</b><br/><br/> <b>Cow Pose</b><br/>           On all fours arch your back with your head looking up while your tummy is pushed toward the ground.</p>        | <p><b>9</b><br/><br/> <b>Cardio Day!</b><br/><br/>           10 Jump rope<br/>           10 Mountain climbers<br/>           10 Boxing punches (use both arms)<br/>           10 Step-ups</p> |
| <p><b>10</b><br/><br/> <b>Hold for 10 seconds</b><br/>           Right Side Plank<br/>           Left side plank<br/>           Superman<br/>           Rest<br/>           Repeat 10 times</p>  | <p><b>11</b><br/><br/> <b>Leg Day!</b><br/><br/>           10 squats<br/>           10 walking lunges<br/>           10 high knees</p>  | <p><b>12</b><br/><br/> <b>Cat Pose</b><br/>           On all fours round your back pulling you spine towards the ceiling while looking at the ground.</p>  | <p><b>13</b><br/><br/> <b>Shuffle Squat</b><br/>           Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>                       | <p><b>14</b><br/><br/>           10 frog jumps<br/>           10 sit-ups<br/>           10 push-ups<br/>           10 second superman hold</p>  | <p><b>15</b><br/><br/> <b>Hallway Sprint</b><br/>           Sprint down a hallway<br/>           10 tuck jumps<br/>           Sprint back down<br/>           10 jumping jacks<br/>           Stretch<br/>           Got more energy? Do it again!</p> | <p><b>16</b><br/><br/>           10 front kicks<br/>           10 switch lunges<br/>           10 squats, on the 10<sup>th</sup> squat hold and complete 10 boxing punches.</p>               |
| <p><b>17</b><br/><br/>           10 Butt Kicks<br/>           10 high knees<br/>           Stretch<br/>           Repeat</p>   | <p><b>18</b><br/><br/> <b>Jumping Jacks</b><br/><br/>           Try and complete 10 sets of 10 jacks today.</p>   | <p><b>19</b><br/><br/>           Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>   | <p><b>20</b><br/><br/>           10 tricep dips<br/>           10 second seated straddle stretch<br/>           10 crunches<br/>           10 jump rope reps</p>                     | <p><b>21</b><br/><br/> <b>Cow-Cat Pose</b><br/>           Try your cow and cat yoga poses together.</p>  | <p><b>22</b><br/><br/> <b>Core Challenge</b><br/>           Plank 10 seconds<br/>           10 crunches<br/>           10 sit ups<br/>           Repeat 5 times with no rest!</p>  | <p><b>23</b><br/><br/> <b>10 Switch Lunges</b><br/>           Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</p>                 |
| <p><b>24</b><br/><br/>           Jump rope as fast as you can for one minute, then rest for 1 minute.<br/><br/>           Repeat 6-8 times.</p>  | <p><b>25</b><br/><br/> <b>High Knees &amp; Stretch</b><br/>           10 high knees<br/>           10 second stretch<br/>           Repeat</p>                                | <p><b>26</b><br/><br/>           10 front kicks<br/>           10 switch lunges<br/>           10 squats, on the 10<sup>th</sup> squat hold and complete 10 boxing punches.</p>  | <p><b>27</b><br/><br/> <b>Leg Day!</b><br/>           10 squats<br/>           10 walking lunges<br/>           10 high knees</p>  | <p><b>28</b><br/><br/> <b>Shuttle Run</b><br/>           Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>                      | <p><b>29</b><br/><br/> <b>Target Practice</b><br/>           Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p>  | <p><b>30</b><br/><br/> <b>Jump!</b><br/>           10 vertical jumps<br/>           10 broad jumps<br/>           10 side-to-side jumps</p>   |

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**Balance**

Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.

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