



November 2015

Elementary Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Standing Quad Stretch!</p> <p>Grab your ankle or forefoot and bring it to your rear end. Hold for 20 seconds and switch legs.</p> <p>Feel unbalanced? Touch a wall!</p>	<p>2 What happens when you get a cut on your skin? How do you take care of the cut? What happens to the cut after a few days? Go for a walk with your child(s) and discuss these questions.</p>	<p>3 Chair squats!</p> <p>Stand about six inches in front of a chair. Squat until your buttocks touches the chair and stand back up.</p> <p>Do 25 reps.</p>	<p>4 Healthy eating is one of the most important things you can do to prevent diabetes. Try a new healthy recipe full of fiber and whole grains!</p>	<p>5 Practice dribbling a soccer ball at different speeds.</p> <p>Make a goal with cones or similar objects and practice shooting, too!</p>	<p>6 Wheelbarrow Race!</p> <p>Get in teams of two; person 1 walks on his/her hands while person 2 holds his/her feet. Who can make it to the finish line first? Switch roles and go again!</p>	<p>7 Musical Frogs!</p> <p>This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p>8 Bear walks!</p> <p>With your buttocks in the air, step forward with one hand then step forward with the opposite foot. Step forward with the other hand then the other foot. Continue in this manner across the room.</p>	<p>9 Practice throwing a football with some friends or set up targets and try to hit them.</p>	<p>10 Go outside and practice your gallops, hops, slides, and leaps.</p> <p>Have some friends over and make it a race!</p>	<p>11 Grab some friends and have a hula hoop contest. Who can go the longest?</p>	<p>12 Dynamic Stretching!</p> <p>Jog High knees Karaoke Forward lunges</p> <p>Go 30-40 yards and back for each exercise.</p>	<p>13 Single Leg Jump Rope!</p> <p>Jump 10 times on your right foot then 10 times on your left foot.</p> <p>Too easy? Try single leg jumps backwards!</p>	<p>14 Exercise is another great way to relieve stress and lower your risk for diabetes.</p> <p>Go walk/run a mile at a nearby track or field with your family!</p>
<p>15 Along the sidewalks, alternate between skipping, speed walking, and jogging.</p> <p>Bring your family or friends along!</p>	<p>16 Walrus Crawl!</p> <p>Lie down on your stomach with your elbows bent in front of you. Propel yourself forward using only your arms.</p>	<p>17 Plank!</p> <p>Lie face down resting on your forearms. Push up onto the toes, keeping your body as straight as possible.</p> <p>Hold three times for 30 seconds.</p>	<p>18 Stuck in the Mud!</p> <p>This game is Tag with a twist! When a person gets tagged, he/she is "stuck in the mud." To get unstuck, another player must crawl through his/her legs. The last person to be tagged is "It" for the next round.</p>	<p>19 Go to the basketball court and practice your lay-ups and dribbling skills!</p> <p>Bring your friends and family along!</p>	<p>20 Hold Crescent Lunge</p> <p>Twist two times on each side for 20 seconds. Practice Chair Pose from last month, too!</p> 	<p>21 Go ice skating, roller skating, or play outside today.</p> <p>Have some fun!</p>
<p>22</p> <p>10 Push-ups 15 Calf raises (complete slowly) 20 Flutter kicks 25 Jumping jacks</p>	<p>23 Go on a walk and talk to your children about how you can take care of your skin and what can happen if you don't take care of you skin. Mention the importance of sunscreen and clean hands/faces.</p>	<p>24 Grab a broomstick and play Limbo!</p> <p>How low can you go?</p> <p>Last person to not touch the broomstick wins!</p>	<p>25 Practice throwing and catching with friends!</p> <p>Throw overhand, underhand, and use a variety of balls.</p>	<p>26 Standing Side Stretch!</p> <p>Reach above the head with one arm and lean over to the opposite side. Hold for 20 seconds and switch sides.</p>	<p>27 Three Ball Race!</p> <p>Get in pairs; partners put a ball between their heads and a ball between each of their knees. Players race to the end of the playing field. If a ball drops, partners go back to the starting line.</p>	<p>28 Tails!</p> <p>Every player grabs a sock and hangs it from his/her back pocket or waistband. Every player tries to take the other players' tails (socks) without getting his/her own taken. Last one with a tail wins!</p>
<p>29 Hold Dancer Pose two times on each side for 20 seconds. Can you balance on both legs?</p> 	<p>30 Practice your forward and backward rolls today!</p> <p>Be sure to tuck your chin and roll on a soft surface.</p>	<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>			<p>NATIONAL HEALTH OBSERVANCES</p> <ul style="list-style-type: none"> American Diabetes Month National Healthy Skin Month 	