



December 2008

Elementary Physical Activity Calendar: Find Some Fun Inside!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Play some music and dance like a snowflake blowing in the winter wind. 	2 Build a tower of pillows and practice throwing sock balls at the top pillow. Can you knock it over? 	3 Snowball fight! Have a pretend snowball fight using paper balls. Hide behind a sofa and other furniture. 	4 Sit back to back with a grownup and pass a ball around the side to each other-count 50 passes to each side, all around your bodies. Go the other way. 	5 Help the family with chores today-good exercise! 	6 Clear out a big space-can you log roll across the room? 
7 Have a family safari. Crawl from room to room and pretend you are a different animal in each room.	8 Make letters of the alphabet on the floor using jump rope or string. Practice jumping along the pathway of the letter. Can you make/jump all the letters?	9 Tie paper plates to your feet and pretend to show shoe through the North Pole.	10 Build a snowman out of pillows; put in front of a door. Throw sock balls at the snowman and try to knock it down. Try again!	11 Hula hoop today-try and make 100 circles around your waist.	12 Balance an empty pizza box on your head and walk around the house. Can you move without dropping the box?	13 Strike a balloon to a partner over a sofa or coffee table. Living room volleyball! Try using a paddle if you have one.
14 Get a pail and fill with paper balls or sock balls. Use a broomstick to stir the pot of sock soup. Stir with both hands.	15 Take five pieces of newspaper and roll into a long tight paper tube. Tape the sides so it will stay rolled. Balance the paper tube on fingers, hand, elbow, anything!	16 Can you juggle a foot bag with your feet? For a video of how to do this go to: http://www.footbag.org/gallery/show/8463 . Ask family to make one with rice inside of balloons.	17 Lay down and make angels in the pretend snow!	18 Play catch with a partner. Do this in a big space in your house. Use a sock ball so lamps are safe.	19 Practice hopping from room to room. How many rooms can you get to without losing your balance? Remember, hopping is on one foot.	20 Practice juggling w/ socks or soft balls. Go to: http://www.acm.uiuc.edu/webmonkeys/jugling/ for tips.
21 Hang a basket on the back of a door and shoot some hoops w/a soft ball. 	22 Happy Hanukkah! Pretend you are jump roping today. Can you jump 100 times in a row without stopping? Now try 200 jumps! 	23 Balance practice today. Place a paper plate on the floor for a base. Can you balance on one body part? Two different body parts? Three parts? Keep changing your base.	24 Make up a dance to your favorite holiday music. Teach your family. 	25 Merry Christmas! Play Frisbee® in the hallway using the top of a coffee can or other lidded container. 	26 Pretend you are sitting in a sled. Practice turning right to left without tipping over as you go down a make believe mountain.	27 Tie paper plates to your feet; pretend you are skating all around the house. 
28 Pretend you are chopping wood for a nice warm fire. Help carry firewood if you have a fire place.	29 Target practice. Make a snowman target out of paper and hang it on a door. Throw paper balls at the target. Give each part points.	30 Use a broom to pretend that you are shoveling snow in the house. Carry each pretend shovelful of snow to a different place.	31 Use tape to make a hopscotch diagram in a hallway. Jump carefully! 	Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.		