








September 2021

Elementary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> National Courtesy Month National Self-Care Awareness Month National Suicide Prevention Month Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month 			<p>1 Underhand Toss Practice Empty a laundry basket and practice tossing a small object inside. Take a step back each time you make it.</p>	<p>2 Stay Active Be active during recess; don't just walk or sit and talk with friends. Be active at home; go outside, run and play.</p>	<p>3 Let's Move Get a pedometer to motivate you to move! Walk, run, play soccer, play tag games and count your steps! Remember to eat a balanced diet and get enough sleep.</p>	<p>4 5 Finger Breathing Trace your fingers as you breathe</p> 
<p>5 Get 60! Walk or Roll for 60 minutes.</p>  <p>Walk/Roll</p>	<p>6 Labor Day Track Your Water Drink at least 8 cups of water.</p>  <p>Drink Water/Hydrate</p>	<p>7 Room Dance Challenge Pick a song and dance to it in each room of your house!</p>	<p>8 Spread Kindness Do something nice for someone in your family.</p> 	<p>9 Paper Plate Skills Need two paper plates. Perform different skills with plates: Boxing, Clap, Twist, Tap body parts, roller skating or moonwalking, snowplow. Can you make up your own paper-plate skills?</p>	<p>10 Let's Get Movin'! Give each room in your house an exercise. When you enter that room, do that exercise. Do for each room you enter!</p>	<p>11 Get Your ZZZ's Give your body and brain time to recover overnight! Shut down electronics/blue screens at least an hour before bed! Get at least 7-8 hours of sleep each day this week.</p>
<p>12 Trash Pick Up Go for a walk today and bring along a bag to pick up trash along the way. See how much you can collect.</p>	<p>13 Crazy 8's 8 jumping jacks 8 star jumps 8 high knees 8 scissor jumps</p>	<p>14 Young Chef Help with a home cooked meal.</p> 	<p>15 Dance Party Have an impromptu dance party today with your family or friends.</p>	<p>16 Greetings Wave HI on a walk or to another person.</p>	<p>17 Body Awareness Creep backward, forward bear crawl, Gallop, Slide along the floor, Crabwalk, Hopping, matching.</p>	<p>18 Family Fun Take your dog for a walk or try a new physical activity with a family member!</p>
<p>19 Reduce. Reuse. Recycle.  How many ways can you help reduce waste? What can you reuse or recycle? Try one of these: Use a reusable lunch bag Turn off lights Limit paper towel use Separate your recycling</p>	<p>20 Zoom in On Your Mindset Ever find yourself feeling a bit anxious or stressed out about life issues? Stop. Inhale. Exhale. Tune in. Observe. Inhale. Exhale. Proceed.</p>	<p>21 Strength Jackpot Perform: 1. Abdominal challenges 2. Pushup challenges 3. AMAP power jumpers 4. AMAP crab kicks 5. AMAP jump ropes AMAP = As Many As Possible</p>	<p>22 Eat a Rainbow Create a meal that has as many colors of the rainbow as possible!</p> 	<p>23 Dance Walker Go for a walk inside or outside and dance as you walk!</p>	<p>24 Be Nice!!! Say Thank you to 5 people.</p>	<p>25 Balance Challenge Go into each room of your house and try to balance on 1 leg for 1 minute or as long as possible. Switch legs.</p>
<p>26 Physical Activity Blast! Your body is meant to MOVE! Choose one: Ride your bike, Jump on the trampoline, Play catch, Shoot some hoops, Play frisbee, Jump rope, Create an obstacle course</p>	<p>27 Limber Commercial Stretch for at least 10 minutes during commercial breaks while watching TV.</p>	<p>28 Snack Attack Add a new veggie to your snack. What does it taste like? How does this food help your body grow?</p>	<p>29 Dance Dance Create a dance to a favorite song. Try to show it or teach it to someone as well.</p>	<p>30 Call & Connect Call a friend or family member you haven't talked to yet this week to say hello and wish them a wonderful day.</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! Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>	

