<table>
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| **Walk and Jack**  
Go for a 10 minute walk, after each minute complete 10 jumping jacks and continue walking. | **Plank Jacks**  
In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times. | **National Health Observances:**  
- Health Literacy Month  
- National Dental Hygiene Month  
- National Bullying Prevention Month  
- Red Ribbon Week Oct. 23-31 | 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. | 1 Revolved Triangle Pose  
Hold 30-60 seconds on each side to target hamstrings & shoulders. | 2 |
| 2      | 10-10-10 | 3       | 4         | 5        | 6      | 7        | 8 |
| **Jog a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes.**  
Be sure to stretch before and after. | **Rise and Squat**  
When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more. | **Leg Day**  
10 forward lunges (each leg)  
10 squats  
10 calf raises  
1 minute wall sit  
Revolved Triangle Pose for 60s each side | **10 Sidekicks**  
Do as many sets throughout the day as you can. Remember if you do one leg you have to do the other! | **Interval Run/Walk**  
Start with a brisk warm-up walk then alternate running and walking 1-minute each for 10 minutes. | **Upward Crescent Moon Pose**  
This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat. |
| 9      | 10 Jump Squat Jump Shots  
Do a jump squat and pretend you’re shooting a basketball at the top of your jump. | 11 Planks with Push-Ups  
Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest. | 12 Side Seated Angle Pose  
Hold for 30-60 seconds on each side to target the hamstrings and calves. | 13 Stairs  
Jog up and down a flight of stairs. Try to skip a step for an extra challenge. | **Just Dance**  
Put on your favorite playlist and just dance for 10 minutes. |
| **Do this:**  
10 jumping jacks  
10 leaps  
10 frog jumps  
10 vertical jumps (as high as you can)  
Repeat 3 times | **Core Challenge**  
Plank 10 seconds  
10 crunches  
10 sit ups  
Repeat 5 times with no rest! | **10 Skaters**  
Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. | 15 | 16 |
| 16     | **Power Walk**  
Go for a 10 power walk today.  
Be sure to go faster than your normal walking pace. After stretch your arms and legs. | 17 Cardio and Stretch  
Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.  
Try the Revolved Triangle pose after. | **Line Jumps**  
Find a line on the ground and jump from side to side 10 times.  
Rest 10 second repeat. | 18 Yoga Combo  
Try all of the poses from this month back-to-back.  
End with Savasana from last month. | **Rise and Squat**  
When you get out of bed complete 10 squats.  
Wait 10 seconds and do 10 more. |
| **Do this:**  
5 sets of 10 high knees  
5 sets of 10 frog jumps  
5 sets of 10 vertical jumps (as high as you can)  
Repeat 3 times | **Moon Pose**  
Try the Revolved Triangle pose when done. | **High Skips**  
Do five sets of 10 high skips.  
Really lift those arms and knees! | **Cardio and Stretch**  
High knees 30 seconds then stretch your legs for 10 seconds each.  
Repeat 3 times.  
Try the Revolved Triangle pose when done. | |

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