**September 2016**  
**Secondary Physical Activity Calendar**

<table>
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| 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. | **National Health Observances:**  
- Fruit and Veggies – More Matters Month  
- National Childhood Obesity Awareness Month  
- National Yoga Awareness Month  
- Whole Grains Month | **1** Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. | **2** Jab, Jab, Cross  
Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. | **3** Commercial Stroll  
During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don’t miss a thing! | **10** Seated Forward Bend Pose  
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need. |
| **4** Do this:  
- 5 walking lunges  
- 5 jumping split squats  
- 3x | **5** 10 Push Up Crawls  
Complete a push up, when finished inch your hands towards your feet and stand up. Reverse back into push up position and complete a push up. | **6** High Knees & Stretch  
High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time. | **7** Partner Challenge  
Sit back to back with a friend and link arms. Try to stand up without unlinking arms. | **8** Skaters  
Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds. | **9** Crazy 8’s  
8 jumping jacks  
8 silly shakes (just shake as silly as you can)  
8 high knees  
8 scissor jumps |
| **11** High Knee Twist  
Alternate bringing your opposite knee to your opposite elbow. To make it harder add a hop in between. | **12** Hands & Knees Balance Pose  
Hold for 30-60 seconds, switch sides and repeat. | **13** Long Jump  
Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go. | **14** Army Crawl  
Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you’re moving under barbed wire. | **15** Do this:  
-10 lunges, switch legs  
-20 jumping jacks  
-High knees 30 second  
-Backpedal 10 second  
-Sprint for 10 seconds | **16** Set the Menu  
Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies. |
| **18** Squat with Kicks  
Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10. | **19** Cardio and Stretch  
Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose. | **20** Crazy 8’s  
8 jumping jacks  
8 silly shakes (just shake as silly as you can)  
8 high knees  
8 scissor jumps | **21** Bench Jumps  
Holding each side of a bench, jump over the bench side to side for 30 seconds. | **22** Low Lunge Pose  
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. | **23** Star Jumps  
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. |
| **25** Try and sprint from one end of your street to the other. Have a family member time you. | **26** Family Health and Fitness Day  
After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun. | **27** Vertical Jump  
Jump as high as you can for 30 seconds. Repeat. | **28** Walking Race  
Pick a distance and challenge a friend to a speed walking race. No running! | **29** Kick Backs  
Lean against a wall and kick one leg back. Complete 20 on each side. | **30** Try Savasana again. Fully relax & clear your mind. |

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