<table>
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<th>Sunday</th>
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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 **Rise and Squat**  
When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.  
4 **Do this:**  
10 walking lunges  
10 jumping split squats  
10 jump 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 **Plank Jacks**  
In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.  
8 **Skaters**  
Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Complete 10 rest and repeat.  
9 Start with 10 high knees then immediately sprint for 10 seconds. Take a 30-60 second break and try it again. How many rounds can you do?  
10 **Seated Forward Bend Pose**  
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.  
11 **10 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 **Half Burpees**  
Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.  
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.  
17 **Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.**  
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 **Shuffle, Cross**  
Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.  
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.  
24 **Power Knees**  
Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.  
25 **Flutter Kicks**  
Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.  
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 **Jump!**  
10 vertical jumps  
10 broad jumps  
10 side-to-side jumps  
28 Take a 10 minute walk before eating lunch today. Grab a friend or family member for extra motivation.  
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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