

15 DAY MOVE MORE PHYSICAL ACTIVITY CALENDAR



Learning Objective:

Students will learn ways to be engaged in physical activity each day.

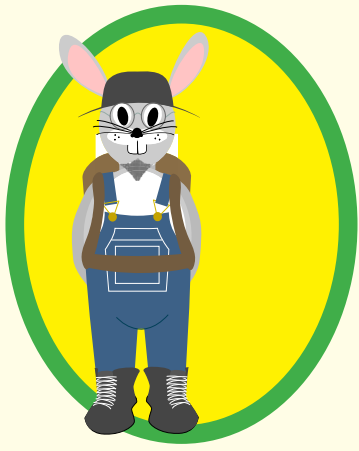
Materials Required:

Physical Activity Calendar and Chart

Estimated Time Required:

10-15 minutes per day

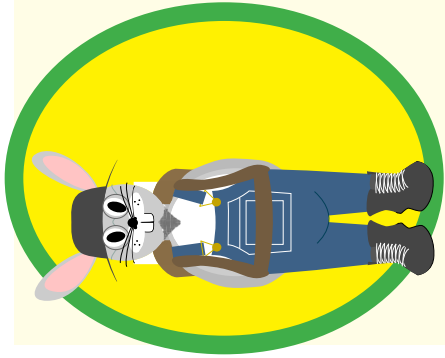




Teaching Instructions:

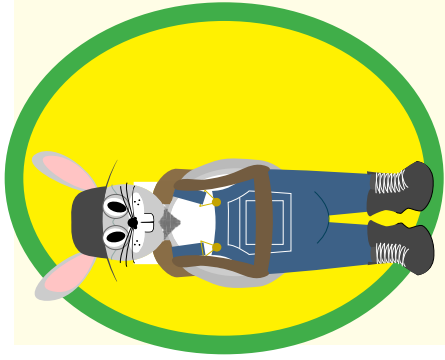
- 1: Did you know that students who are physically active also perform better academically? Ask your class if they want to do their best in school. If so, they need to be physically active everyday.
- 2: Explain to students that being physically active is just as important as eating right to live a long and healthy life. Experts recommend that Americans aim for **60 MINUTES** of physical activity **EVERY DAY**.
- 3: Pick a date to start your 15-Day Physical Activity Chart
- 4: Fill out the blank calendar with the date, name of activity, and length of time the class spend doing the activity. Use the example exercises on the 15-Day Calendar as a guide, incorporate different exercises with them, or make up your own!
- 5: Have fun being physically active together, and watch their test scores soar!





15-Day Classroom Physical Activity Calendar

Day 1 _____ Name of Activity: Time:	Day 2 _____ Name of Activity: Time:	Day 3 _____ Name of Activity: Time:	Day 4 _____ Name of Activity: Time:	Day 5 _____ Name of Activity: Time:
Day 6 _____ Name of Activity: Time:	Day 7 _____ Name of Activity: Time:	Day 8 _____ Name of Activity: Time:	Day 9 _____ Name of Activity: Time:	Day 10 _____ Name of Activity: Time:
Day 11 _____ Name of Activity: Time:	Day 12 _____ Name of Activity: Time:	Day 13 _____ Name of Activity: Time:	Day 14 _____ Name of Activity: Time:	Day 15 _____ Name of Activity: Time:



15-Day Classroom Physical Activity Calendar

<p>Jumping Jacks</p> <p>Do 25 jumping jacks in a row</p> <p>Repeat</p>	<p>Kick Box</p> <p>Stand on left foot and kick right foot in air to your side</p> <p>Kick 20 times; change feet and repeat with left foot.</p>	<p>Jog in Place</p> <p>Normal pace 30 seconds Fast pace 30 seconds High knees 30 seconds March 30 seconds</p> <p>Repeat</p>	<p>Squat</p> <p>Stand with your feet hip distance apart. Squat down like sitting in a chair then stand up.</p> <p>Repeat 20 times</p>	<p>Hula Hoop</p> <p>Using hula hoops, see who can hula the longest, or without hula hoops roll your hips for one minute, repeat as many times as possible</p>
<p>Walking Lunges</p> <p>Line up on one side of room. Step and lunge across the room. Turn around and come back. (This can also be done in place.)</p>	<p>Wall Push Up</p> <p>Stand facing a wall with your feet between 2-3 feet away from the wall. Place your hands on the wall at shoulder height. Keeping your body in a straight line, bend elbows and lean against your hands. Hold for a count of two, then push back to straight arms. Repeat 20 times</p>	<p>Sit Up Crunches</p> <p>Lie on your back. Curl your back so your lower back touches the floor. Place hands behind head and lift shoulders, head and back up, then lower. Repeat 20 times</p>	<p>Stretch</p> <p>Stretch slowly from side to side Stretch up as far as possible Bend over and touch your toes</p> <p>Repeat 10 times</p>	<p>Walk in Place</p> <p>Normal pace 30 seconds Fast pace 30 seconds High knees 30 seconds March 30 seconds</p> <p>Repeat</p>
<p>Torso Twist / Knee Lift</p> <p>Stand with your feet hip distance apart. Lift right knee to left elbow. Switch and lift left knee to right elbow.</p> <p>Repeat 20 times</p>	<p>Push Up</p> <p>Lie with stomach on the floor. Place your hands under your shoulders and either on your feet or knees lift your body off the ground. Do 10 reps, rest and repeat</p>	<p>Toe Dips</p> <p>Lie on your back. Lift your legs, bending them at your knees so your calves are parallel with the ground. Curl your back so your lower back touches the floor. Lower left toe to the ground, then lift. Lower right foot to the ground. Repeat 20 times</p>	<p>Wide Stepping Squats</p> <p>Go to one end of the classroom. Stand with your feet together. Step one foot out about 3 feet. Squat down, then stand back up bringing feet together again. Repeat until you reach the other end of the classroom.</p>	<p>Yoga Plank</p> <p>Lie on your stomach. Place your feet hip distance apart and your elbows under your shoulders. Lift your body, keeping it in a straight plane. Hold for 10 seconds. Repeat three times</p>