



November 2012

Ten at a Time Physical Activity Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | <p>NASPE 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!</p> | | 1 Alternate Arm Shoulder Press w/ Dumbbells | 2 <u>Theraband Biceps Curls</u> Stand on a theraband and do biceps curls with the other end. | 3 8 Count Body Builders |
| 4 Have a family picnic and throw a football and Frisbee around. | 5 <u>Rear Leg Lifts</u> Bend down, touch your right hand to your right toe and kick your left leg straight up behind you. Switch legs, and repeat. | 6 Walk at a brisk pace for 10 minutes with a few friends or colleagues | 7 <u>Reverse Walking Lunges w/ weights</u> | 8 <u>Lateral Step-ups with dumbbells</u> Step up to the side on a step chair or bench while holding dumbbells. | 9 Run in place for one minute, 10 T pushups. Try and repeat 10 times throughout the day. | 10 <u>Walking High Knees</u> Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up. |
| 11 10 pushups 10 bodyweight squats 10 jumping jacks 10 meter sprint | 12 <u>T Pushups</u> Do regular pushups only on your way up rotate your torso and extend one arm straight up forming a T. repeat with other arm. | 13 <u>Jumping Jacks</u> Try and complete 10 sets of 10 jacks today. | 14 <u>Close Grip Pushups</u> Position your hands about 6 inches inside a traditional pushup grip. Do ten pushups. | 15 <u>Goblet Squat</u> Hold a DB by its end and tuck it tightly under your chin. Do squats holding the weight in the same position. | 16 <u>Seal Jacks</u> Jumping jacks only your arms move from side to front instead of up and down. | 17 Go for a bike ride with a friend or family member |
| 18 Going somewhere nearby? Walk instead of riding or driving. | 19 <u>Reverse Lunges to Front Kicks</u> Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace. | 20 <u>Pushup Countdowns</u> 10 pushups – 1 squat 9 pushups – 1 squat 8 pushups – 1 squat And so on down to 1 | 21 <u>Combo 1 Curls</u> Using a light DB, do a curl, turn and punch to the opposite side. Repeat with the other arm. | 22 <u>Bosu-ball Sit-ups</u> Sit on a bosu-ball and do sit-ups. | 23 <u>Leg Raise Pushups</u> Do ten pushups and alternate extending one leg into the air each time. | 24 10 sidekicks with each leg. Do as many sets throughout the day as you can. Remember if you do one leg you have to do the other! |
| 25 <u>Speed Step Ups</u> Step up onto a step and back down as fast as you can for 30 seconds. Up,up,down,down | 26 Run in place as fast as you can for 10 sec. as many times as you can throughout the day. | 27 <u>Pyramid Pushups</u> 1 pushup hold 5 sec. 2 push-ups hold 5 sec. 3 push-ups hold 5 sec. 4 push-ups hold 5 sec. 5 push-ups hold 5 sec. Repeat in reverse order | 28 <u>Skate Jumps</u> Jump side to side and swing your inside leg back behind your landing leg and transition into a jump onto the other leg. Repeat back and forth. | 29 <u>Hammer Curls w. DB's</u> Do dumbbell curls with your palms facing in. | 30 <u>Close-Grip Physioball Push-ups</u> Do close grip push-ups with your hands in the middle of a physioball. | |

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<http://www.aahperd.org/naspe/publications/teachingTools/observepe.cfm>