






October 2009

# Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit <a href="http://www.naspe.org">www.naspe.org</a>. For more information about lifelong and inclusive physical activity visit <a href="http://www.aapar.org">www.aapar.org</a></p>		 <p>October 19-23</p>		<p>1 Fold a towel or newspaper and put in on the floor. Pretend it is a puddle that you are going to leap over. Each time you leap over it make it a little bit bigger.</p>	<p>2 Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest?</p>	<p>3 Create a movement sequence – hop, twist, reach – and then do it together. Say the words as you do the motions.</p>
<p>4 Jumping obstacle course – line up pillows across the floor and try to jump from one to another without touching the floor.</p>	<p>5 Pretend to be airplanes. Start out on the floor, pushing yourself up and down with your arms to start your engine. Next stand up, with arms out as wings, fly all over the place.</p>	<p>6 Walk around outside – first going forwards, then backwards, then sideways.</p>	<p>7 Feel your heart. Walk for 5 minutes, feel your heart again. Is it beating faster? Why?</p>	<p>8 Write out the alphabet on a sheet of paper. Using this as your guide, create the letters with your body.</p>	<p>9 Clean up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, crab walk the item to a new spot.</p>	<p>10 Practice your ball rolling skills today ... either by rolling a ball into a box set on its side, or rolling a ball to knock over obstacles set up at different distances.</p>
<p>11 Crunch up pieces of paper, making paper balls. Use recycled newspapers. Practice throwing the balls into a box. Throw from different distances and angles.</p>	<p>12 Using the paper balls from yesterday practice self tossing and catching. Can you clap between catches?</p>	<p>13 Turn your favorite music on and make up a sequence of dance moves – share them with someone!</p>	<p>14 Using a pool noodle create a jumping challenge. Place the noodle on the floor and jump over it. Next move the noodle slightly off the floor and jump over it.</p>	<p>15 Roll up a pair of socks. Try to balance the socks on different parts of your body as you move throughout space. Try to move around, over and under things.</p>	<p>16 At the Zoo – take turns naming an animal. Try moving around just as that animal would.</p>	<p>17 Musical Freeze – Have someone turn the music on and off. When it is on you must dance and move, but when it is shut off you must balance and freeze.</p>
 <p><b>Celebrate Take It Outside! Week by doing the activity listed each day.</b></p>	<p>19 Make a big circle with sidewalk chalk – practice moving in relationship to the circle. Can you move into and out of; over; around; under? Can you move with one foot in and one foot out?</p>	<p>20 Get outside again! Go on “an around” walk. Walk around your house, walk around a light pole, walk around a leaf on the ground...</p>	<p>21 Go for a color walk outside. As you walk keep track of the different colors you see and then when you return home draw a picture using those colors.</p>	<p>22 I spy something red! Go outside and take turns saying, “I spy something ____” and then together run to that object.</p>	<p>23 Get outside and take a walk. Take deep breaths, stand tall, and swing your arms.</p>	<p>24 Take turns naming “things”. Then pretend to move as if you were each item. i.e. bouncy ball, jiggly jello, falling leaf, moving car etc...</p>
<p>25 Make paper airplanes and create targets using towels. Try to make your airplanes land on the towel.</p>	<p>26 Run and Touch – have someone identify a part of your body and a number – run and touch that many items using that body part (i.e. touch 8 things with your elbow).</p>	<p>27 Galloping Fun – Find something around the house that could be your horse (broom, hockey stick, wrapping paper tube). Go for a horse ride as you walk, run, and gallop.</p>	<p>28 Go on a parade – take turns leading and pretending to play different instruments. Don’t forget to wave to everyone watching.</p>	<p>29 Pathway locomotion challenge! Choose a start and finish. Choose a way to move (walk, run, skip, robot etc.). Choose a pathway – either straight, curvy or zig zag.</p>	<p>30 Transportation Travels! Take turns naming a different type of transportation and then pretend to move that way. Such as a train, bike, or scooter.</p>	<p>31 Go back and do your favorite activity from this month!</p> 