




# Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 Walk and Jack</b> Go for a 10 minute walk, after each minute complete 10 jumping jacks and continue walking.	<b>2 Plank Jacks</b> In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.	<b>3 Do this:</b> 10 jumping jacks 10 leaps 10 frog jumps 10 vertical jumps (as high as you can) Repeat 3 times	<b>4 Do this:</b> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds	<b>5 High Skips</b> Do five sets of 10 high skips. Really lift those arms and knees!	<b>6 Cardio and Stretch</b> High knees 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose when done.
<b>7 Revolved Triangle Pose</b> Hold for 30-60 seconds on each side to target hamstrings and shoulders. 	<b>8 10-10-10</b> Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.	<b>9 Rise and Squat</b> When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.	<b>10 Leg Day</b> 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Revolved Triangle Pose for 60s each side	<b>11 10 Sidekicks</b> Do as many sets throughout the day as you can. Remember if you do one leg you have to do the other!	<b>12 Triceps Dips on the 10's Challenge</b> On the 10 <sup>th</sup> of the hour stop what you're doing and do triceps dips using your chair.	<b>13 Interval Run/Walk</b> Start with a brisk warm-up walk then alternate running and walking 1-minute each for 10 minutes.
<b>14 Upward Crescent Moon Pose</b> This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat. 	<b>15 10 Jump Squat Jump Shots</b> Do a jump squat and pretend you're shooting a basketball at the top of your jump.	<b>16 Butt Kicks</b> Do 10 seconds of butt kicks in place as fast as you can. Rest for 10 seconds and repeat.	<b>17 Planks with Push-Ups</b> Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.	<b>18 Side Seated Angle Pose</b> Hold for 30-60 seconds on each side to target the hamstrings and calves. 	<b>19 Stairs</b> Jog up and down a flight of stairs. Try to skip a step for an extra challenge.	<b>20 Just Dance</b> Put on your favorite song and just dance for the entire song.
<b>21 Power Walk</b> Go for a 10 power walk today. Be sure to go faster than your normal walking pace. After stretch your arms and legs.	<b>22 Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.	<b>23 Line Jumps</b> Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.	<b>24 Yoga Combo</b> Try all of the poses from this month back-to-back. End with Savasana from last month.	<b>25 Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	<b>26 10 Skaters</b> 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.	<b>27 Rise and Squat</b> When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.

<b>28 Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	<b>29 Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.	<b>30 Side Seated Angle Pose</b> Hold for 30-60 seconds on each side to target the hamstrings and calves 	<b>31 Attached at the Hip</b> Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.	<b>National Health Observances:</b> <ul style="list-style-type: none"> <li>• Fruit and Veggies – More Matters Month</li> <li>• National Childhood Obesity Awareness Month</li> <li>• National Yoga Awareness Month</li> <li>• Whole Grains Month</li> </ul>	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. Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a>
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<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>