



April 2011

Get Moving Today Activity Calendar



AMERICAN ASSOCIATION
FOR PHYSICAL ACTIVITY
AND RECREATION



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3 Find a ball and practice kicking. How far can you make the ball go? How high can you make it go?</p>	<p>4 Pretend that your home is full of mud puddles and your job is to jump over them without getting wet and dirty.</p>	<p>5 Help out in the kitchen – sweep the floor and wipe down the counters. Use great big movements to work all your muscles.</p>	<p>6 Running is a great way to make your heart healthy. Try to run for 2 minutes without stopping.</p>	<p>7 With a ball that bounces work on bouncing and catching skills. Drop the ball and catch it after it bounces.</p>	<p>8 Find four pillows that are different sizes. Can you balance on each one without falling off?</p>	<p>9 Get outside and run, gallop, and jump all over. Feel your heart when you are done – what is it doing?</p>
<p>10 Find lines on the sidewalk or driveway and jump over them. Remember to land softly on two feet.</p>	<p>11 Work on underhand tossing into different sized targets. Make your arm go “tick tock” like a clock.</p>	<p>12 Movement Memory – one person does three movements as the other person watches. Now it is this person’s turn to repeat those movements.</p>	<p>13 Have fun rolling around your home. Work on rolling in a straight line and a curvy line</p>	<p>14 Try to wiggle and shake every part of your body, one by one. Then wiggle or shake your entire body.</p>	<p>15 Roll a t-shirt into a lasso and move it in circles above your head, in front and behind and to the side. Do it with the other hand too.</p>	<p>16 Practice your hopping. Remember to take off and land on the same foot. Hop near and far, high and low.</p>
<p>17 Mirror me – face someone and copy exactly what they do.</p>	<p>18 Go on a walk through your home. How many steps does it take to get from one space to another?</p>	<p>19 Time to stretch and reach. Turn your body into different shapes and hold each shape, as you squeeze your muscles.</p>	<p>20 Can you do a jumping jack? Give it a try!</p>	<p>21 Pretend that you have a farm in your home and act out the different things you would see – like a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree.</p>	<p>22 Carry your favorite stuffed animal around the house on your elbow, your head, your foot, your back, and even your tummy.</p>	<p>23 Time to get outside and move. Go on an imaginary adventure ... be a pirate, a cowboy, or a scientist.</p>
<p>24 Create an obstacle course outside with stuff. Run, jump and gallop through, over and around.</p>	<p>25 Turn some music on and move to the beat. This is more fun if someone does it with you.</p>	<p>26 Practice your ball rolling skills. Set up a target and try to knock it over by rolling a ball on the ground. Use your tick tock like a clock.</p>	<p>27 Sit on a t-shirt, roll up another t-shirt and hold on to one end as someone else holds on to the other end and pulls you around the room. Your turn to pull them.</p>	<p>28 Can you walk through your home pretending not to wake anyone up? Be soft, quiet, and careful.</p>	<p>29 Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?</p>	<p>30 Repeat your favorite activity this month!</p>