

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 www.naspe.org. For more information about lifelong and inclusive physical activity visit www.aapar.org</p>				<p>1 Make a trail of paper plates through your home and pretend that you can only walk on the plates or you will fall in the water.</p>	<p>2 Find a ball and a place where you can practice bouncing it. Can you make the ball bounce really high? Can you make it bounce really low? Can you bounce it more than one time in a row? This is called dribbling.</p>	<p>3 Get outside today and play I spy. Each time one of you says, “I spy”, you have to all walk, run or gallop to that object.</p>
<p>4 Work on your ball rolling skills today. Roll a ball back and forth with someone or set up some targets and try to knock them down.</p>	<p>5 Animal action fun! One person says the name of an animal and the other person has to move around the house like that animal would.</p>	<p>6 Crawling is a great way to work on the muscles in your arms. Try to crawl around your home for a few minutes – take a break and do it again</p>	<p>7 Loud and soft – first walk on your tip toes trying to be really quiet, then stomp using your whole foot trying to be really loud.</p>	<p>8 Using a scarf or handkerchief practice yourself toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands.</p>	<p>9 Leaping...put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.</p>	<p>10 Balance on two body parts – how about three parts, or four or even five body parts?</p> 
<p>11 Make an obstacle course using toys, chairs, and pillows. Show someone what to do and then ask them to give it a try.</p>	<p>12 Ask someone to help you make a paper airplane and then practice throwing it around your home. Make an airport and try to get the plane to land in the airport.</p>	<p>13 Have an adult write your name really big on a sheet of paper, and then put your body into the shapes of each letter. Can you do this standing up? Can you do this laying on the floor?</p>	<p>14 Practice your hopping skills. Remember hoping is taking off of and landing on the same foot.</p>	<p>15 Make up a nonsense word. Now make up a movement to go with that word.</p> 	<p>16 Work on your jumping today – how high can you jump? How far can you jump? How many times can you jump in a row?</p>	<p>17 Movement Memory – One person does two movements as the other person watches. Now it is this person’s turn to repeat those movements. Try adding on a movement each turn.</p>
<p>18 Twins – for 2-5 minutes pretend as if you are connected to someone else and the two of you have to move exactly the same way.</p>	<p>19 Go on a walk through your home. Each time you get to a new space you have to change the way you are moving.</p>	<p>20 Take a few minutes today to lie on the floor and really stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax.</p>	<p>21 Pretend to have a beach party – turn on some beach music and dance. Pretend to surf and swim as you work your body.</p>	<p>22 Be a superhero! Think about all of your favorite superhero’s and then spend some time moving just like they would.</p>	<p>23 Work on your tossing and catching skills with someone. Toss it right to their hands.</p>	<p>24 Work on your locomotor skills – go outside and practice walking, running, galloping, skipping, jumping and hopping</p>
<p>25 Create a movement pattern – for example run, run, jump, jump – and then practice it. Make up a new one.</p>	<p>26 Pretend your arms or foot or elbow or nose is a crayon and draw a big picture of a rainbow in your home.</p>	<p>27 Put a sock puppet on your hand and have it travel high, low, fast, slow, curvy and straight.</p>	<p>28 Silly Grocery Bag fun – put a paper grocery bag on each foot and slide around the floor in different pathways and shapes.</p>	<p>29 Pretend to be a balloon – first without air, then being blown up, then floating around the room, and then being popped.</p>	<p>30 Get outside and pick up trash in your yard.</p> 	<p>31 Repeat your favorite activity this month!</p>