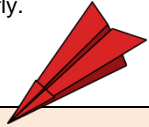






# June

## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go outside and run in big, small, and medium sized circles.	Make a paper airplane and see how far you can make it fly. 	Work on your tossing skills. Find some small objects to toss into a box. Keep backing up to see if you can toss further.	Play catch with someone. Start really close and after every two tosses back up one step.	Find an open space and work on rolling in different ways - long, straight body and a curled up small body.	Say three different motions as your partner does them, such as touch your nose, spin around, and jump up high. Take turns.	Go for a family walk and take turns saying something you are really happy about or thankful for. 
Draw or cut out some odd shapes, then put your body into each shape.	Turn on some slow, quiet music – lie on the floor, relax, breath and stretch.	Pretend that you are at a magical zoo. Identify an animal; move and sound like that animal.	Ask someone to pitch some balls to you as you try to hit them with a big, soft bat.	Work on dribbling a ball. Try saying tap, tap, run, run as you do the same with the ball and your feet. 	Use wet sponges to work on your throwing. Throw sponges at a big target such as a building or garage door.	Pretend to be a growing flower. First you are the tiny seed in the ground and then you slowly grow into a big, tall flower that blows in the wind.
Fill a cup full of water. Can you run around your building carrying the cup without losing much water.	Can you walk while you balance a book on your head?	Walk and run around your home four times. Each time try to go a little faster.	Work on throwing really hard. Remember to bring the ball back to your ear and take a nice big step forward.	Make up a silly dance, show it to someone, and then ask them to do it with you.	Draw a hopscotch pattern outside and work on your jumping and hopping skills.	Stretch your body into the shapes of each letter in your name. Stretch big and small.
Work on moving in different directions – forward, backward, sideways.	Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over.	Have a three legged walk with someone in your family. Stand side by side, with your inside legs touching – these two legs should move together as one leg.	Ask someone to take you to a park and try to keep moving for 15 minutes without stopping - run, climb, jump, and swing.	Make your arms strong by walking like different animals around your yard - bear, crab, seal, etc.	Put a t-shirt on the floor, bend over and put your hands on it, then push it all over the space 	Draw circles, squares, and triangles on the driveway and practice tossing rolled up socks into each shape
Find a little hill and roll down it, run back up and do it again. 	Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.	Practice your volleying skills. Find a balloon and try to keep it up in the air. Try volleying it with different parts of your body.	Play catch with a water balloon. Make a nice soft home for the balloon with your hands, and “give” with your body as you catch it.	Draw different shapes with sidewalk chalk and practice moving over, around, and into them.	Work on dribbling a ball with your feet. Try saying tap, tap, run, run as you do the same with your feet and the ball.	Go back and do your favorite activity this month!

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

© SHAPE America – Society of Health and Physical Educators • [www.shapeamerica.org](http://www.shapeamerica.org)






1900 Association Drive, Reston, VA 20191 • 703.476.3400 • Fax 703.476.9527 • [info@shapeamerica.org](mailto:info@shapeamerica.org)



# July

## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have fun in the water today – really try to use all of your muscles.</p> 	<p>Run in the pathway of each letter of your name. Make each letter big and then small.</p>	<p>Practice your throwing skills. Step at your target and follow through toward your target.</p>	<p>Get your body wet and then lay down on the driveway. When you get up you will see an impression of your body. Practice jumping over yourself.</p>	<p>Play catch with a water balloon. Make a nice soft home for the balloon with your hands, and “give” with your body as you catch it.</p>	<p>Pretend to swat a fly. Use a foam noodle to run around your yard swatting flies.</p> 	<p>Set up an obstacle course using things to jump over, go around, and even move under. See how fast you can do it.</p>
<p>Do the course you did yesterday but go through it the other direction.</p>	<p>Pretend to go on a trip today – drive your car, fly in an airplane, ride a motorcycle, and paddle a boat. Really use your muscles.</p>	<p>Find a bouncy ball and practice bouncing and catching. Bounce it off the ground or off the side of a building.</p>	<p>Play throwing golf: Take turns throwing a ball toward a big target. How many throws does it take to get there? Pick a new target.</p>	<p>Draw different shapes with sidewalk chalk and practice moving over, around, and into them.</p>	<p>Plan a family fitness day. Let everyone choose one activity and then do all of them together today.</p>	<p>Throw into a target. Find different sized boxes and practice throwing into each of them. Try it near and far.</p>
<p>Before you go to bed tonight, lie on the floor and as you breathe, try to make every muscle tight and then every muscle relaxed.</p>	<p>Make a musical instrument and have your own parade.</p> 	<p>Find three different things that you can jump over that are each a different height.</p>	<p>Make up a new game today using an empty plastic bottle and a ball.</p>	<p>As soon as you get up today – do 10 jumps, 10 reaches, 10 twists, and 10 crazy moves.</p>	<p>On the 13th you were asked to plan a family fitness day; have you?</p>	<p>Find time to laugh and move with your family. Either go for a walk, swim, or hike.</p>
<p>Find something to climb – make sure you ask your parent/caregiver first.</p>	<p>Dig a hole in the sand. Use your muscles.</p>	<p>Set up a variety of targets – bottles, cans, buckets. Then work on throwing at them from different distances.</p>	<p>Set up those same targets as yesterday, but today work on kicking at them from different distances.</p>	<p>Toss, kick and catch! Have fun with a beach ball.</p>	<p>Blow bubbles and chase them around the yard.</p>	<p>Practice your locomotor movements. Walk, run, gallop, jump, hop, slide, skip and leap. Which one is your favorite?</p>
<p>Turn on some fast, fun music and take turns making up new moves. Your job is to try to keep moving until the song is over.</p>	<p>Play Add On Movement Fun! Do one movement, then your partner repeats it but adds on one more, then you do your first movement, your partners' and then add on.</p>	<p>Ask someone to take you to a park. Play on every piece of equipment.</p> 	<p>Set up a sprinkler and have fun running through it. Try running around the house after every trip through the sprinkler.</p>	<p>Skip around your home as you sing your favorite song.</p>	<p>Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</p>	<p>Find your favorite activity from this month and do it again!</p> 

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

© SHAPE America – Society of Health and Physical Educators • [www.shapeamerica.org](http://www.shapeamerica.org)






1900 Association Drive, Reston, VA 20191 • 703.476.3400 • Fax 703.476.9527 • [info@shapeamerica.org](mailto:info@shapeamerica.org)



# August

## Get Moving Today!

## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk or run in a big circle, after the first one jump into the sky. Jump up to five times.	Using rolled up socks, put them on your tummy as you crab walk them across the house.	Draw a big circle using sidewalk chalk. Toss a sock or a bean bag into the circle. How far away can you get and still toss into the circle?	What are your favorite animals? Can you move like them and see if someone can guess what you are? 	Hit a balloon high into the sky and chase it as it floats all over the place. Hit it again before it touches the ground.	Ask someone to pitch you some soft balls as you try to hit the balls with a soft bat. 	Play hide and seek with a friend or family member.
Find a hill to run up and roll down. Go up in a different way and come down in a different way.	Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps. 	Practice your toss and catch skills. Can you clap before you catch?	Reach with your front foot as you push off of your back foot. Pretend to leap over puddles.	Play catch with someone. Follow the ball with your eyes and then move your hands to meet the ball.	How far can you kick a ball? Kick it hard, chase it, run back and kick it again.	Set up a track in your yard. How many steps does it take to run the entire track?
Pretend to be a butterfly that is flying around your yard from flower to flower.	Make up a new game. Give it a name and have fun playing it.	How many different ways can you move your body? How about shiver, tumble, and waddle?	Make up a movement pattern - try jump, jump, wiggle, jump, jump wiggle. Your turn!	Go on a color walk. Find every color of the rainbow. Do five big jumps for every color. 	Take two minutes before going to bed tonight to stretch and relax as a family.	Pretend to move like different foods – melt like a popsicle or pop like popcorn.
Work on spelling your name (or other words) – but use your body to make each letter.	Practice bouncing a ball. Can you bounce it really high? Can you bounce really low? Can you bounce it so it travels behind you?	Practice your hopping skills. Take off and land on the same foot. How many times can you hop in a row? Can you hop with both feet?	A day to stretch your body in all different shapes and directions. Try to hold each stretch until you count to five.	Make up a yoga pose for your favorite animals. Do each pose as you relax and breathe.	Sweep the sidewalk or driveway for your family. Work hard and use those muscles.	Using paper plates try to see how far you can make them fly. What is the best way to toss it to make it go far?
Use your fine motor skills today – clean some vegetables and enjoy a treat. 	Plan an afternoon of physical activity. Let everyone decide one thing that they would like to do with the rest of the family.	Spread out a beach towel, move around it, over it, beside it, on it, then under it.	Play "Kick Golf". Pick a target, take turns kicking until you hit the target and then pick a new goal.	Put a water hose on a plastic tarp – have fun slipping, sliding and jumping in the puddles.	Using 'stuff' from around the house create a tunnel – have fun moving through it in different ways.	Go back and find your favorite activity and do it again.

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

© SHAPE America – Society of Health and Physical Educators • [www.shapeamerica.org](http://www.shapeamerica.org)

1900 Association Drive, Reston, VA 20191 • 703.476.3400 • Fax 703.476.9527 • [info@shapeamerica.org](mailto:info@shapeamerica.org)

