




July 2014

Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Duplicated with permission from Head Start Body Start (HSBS). www.headstartbodystart.org</p>		<p>1 Rake the yard or help your family pull weeds.</p>	<p>2 As soon as you get up today – do 10 jumps, 10 reaches, 10 twists, and 10 crazy moves.</p>	<p>3 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>4 Find a bouncy ball and practice bouncing and catching. Bounce it off the ground or off of the side of a building.</p>	<p>5 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>6 Have fun in the water today – really try to use all of your muscles.</p>	<p>7 Help your family with a chore around the house that uses lots of your muscles, such as washing the car, sweeping out the garage, or pulling weeds.</p>	<p>8 Practice your throwing skills. Step at your target and follow through toward your target.</p>	<p>9 Ask someone to take you to a park. Play on every piece of equipment.</p>	<p>10 Draw different shapes with sidewalk chalk and practice moving over, around, and into them.</p>	<p>11 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>12 Plan a family fitness day. Let everyone choose one activity and then do all of them together today.</p>
<p>13 Balance on different items around your house. Can you hold your body really still?</p>	<p>14 Plan a day to go to a swimming pool this month – either today or in the next few days.</p> 	<p>15 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>16 Find something to climb – make sure you ask your family first.</p>	<p>17 Set up a sprinkler and have fun running through it. Try running around the house after every trip through the sprinkler.</p>	<p>18 Throw into a target. Find different sized boxes and practice throwing into each of them. Try it near and far.</p>	<p>19 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>20 Set up a variety of targets – bottles, cans, buckets. Then work on throwing at them from different distances.</p>	<p>21 Set up those same targets as yesterday but today work on kicking at them from different distances.</p>	<p>22 Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</p>	<p>23 Practice galloping today – remember to keep the back foot behind the front foot. Can you clap or snap your fingers?</p>	<p>24 Make a paper kite, attach a string and run around the yard making it fly behind you.</p>	<p>25 On the 10th you were asked to plan a family fitness day – have you?</p>	<p>26 Walk or run around your house as you sing your favorite song.</p>
<p>27 Make a musical instrument and have your own parade.</p>	<p>28 Find 3 different things that you can jump over that are each a different height.</p>	<p>29 Set up an obstacle course using things to jump over, go around, and under. See how fast you can do the entire course.</p>	<p>30 Make up a new game today using an empty plastic bottle and a ball.</p>	<p>31 Find your favorite activity from this month and do it again.</p> 