



June 2014

Get Moving Today Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make up a silly dance, show it to someone, and then ask them to do it with you.	2 Practice passing a ball back and forth with someone using your feet. Start out close and keep moving further apart	3 Run in circles. Go outside and run in big, small, and medium sized circles.	4 Walk and run around your building 4 times. Each time try to go a little faster.	5 Ask someone to pitch some balls to you as you try to hit them with a big, soft bat.	6 Play catch with someone. Start really close and after every 2 tosses back up one step.	7 Draw a hopscotch pattern outside and work on your jumping and hopping skills.
8 Ask someone to take you to a park and try to keep moving for 15 minutes without stopping...run, climb, jump, swing.	9 Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over.	10 Stretch your body into the shapes of each letter in your name. Stretch big and small.	11 Set up a series of obstacles that you can safely jump or leap over.	12 Get your feet wet and make tracks on the sidewalk or driveway. Make different types of pathways – try straight and curvy.	13 Can you dig a big hole in the dirt or sand? Use all of your arm muscles to dig deep.	14 Go for a family walk and take turns saying something you are really happy about or thankful for.
15 Work on your leaping skills. Push off of the back foot and reach with the front foot.	16 Set up a track in your yard. How many steps does it take to walk the entire track? Can you do it again with fewer steps or more steps?	17 Practice your volleying skills – fill a balloon and try to keep it up in the air. Try volleying it with different parts of your body.	18 Using a straw and a marble – blow the marble so it travels along the sidewalk. Set up a target and try to blow so the marble goes in the goal.	19 Turn on some slow, quiet music – lay on the floor, relax, breath and stretch.	20 Make a paper airplane and see how far you can make it fly.	21 Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.
22 Use wet sponges to work on your throwing. Throw sponges at a big target such as a building or garage door.	23 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.	24 Fill a cup full of water – can you run around your building carrying the cup without losing much water?	25 Work on throwing really hard. Remember to bring the ball back to your ear and take a nice big step forward.	26 Practice self-toss and catch skills. Keep your eyes on the ball and move your body to the ball.	27 Do a job for your family – like sweeping the floor or sorting the laundry. Try to find something that uses lots of muscles.	28 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.
29 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.	30. Go back and do your favorite activity this month.	Duplicated with permission from Head Start Body Start (HSBS). www.headstartbodystart.org				