

# GET



# MOVING



# TODAY!



# ACTIVITY CALENDAR



National Center for  
Physical Development  
and Outdoor Play









American Alliance for  
Health, Physical Education,  
Recreation and Dance

# JANUARY

## Get Moving Today!

## ACTIVITY CALENDAR






| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|--|--|--|--|---|---|---|
| <p>Start the New Year off with a family walk. As you walk, share the ways that your family can stay healthy this year.</p>  | <p>Get outside again and work on the concept of big and small. Can you take big steps and small steps? Big jumps and small jumps?</p>  | <p>Cut out paper snowflakes and make a trail through your home. Walk, run, and hop along the trail.</p>  | <p>Practice rolling your body into different shapes and then moving across the floor. Can you be straight like a pencil and small like a marble?</p>   | <p>Make a hopscotch pattern on the floor using paper plates, and work on your hopping/jumping skills while you help your body get fit.</p>                          | <p>Recycle the paper plates from yesterday and set up targets on the floor – close and far. Using rolled up socks practice your underhand tossing skills. Remember to follow through by pointing at the target.</p> | <p>Rainbow Game – find as many things in your home that are different colors of the rainbow. When you get to each item, jog in place and count to 10.</p>                                 |
| <p>Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.</p>  | <p>Shut off the lights and have fun with a flashlight dance. When the flashlight is shinned onto a body part, move it in different ways – wiggle, reach, bend and stretch.</p> | <p>Move across the room acting like something. When you get to the other side someone has to guess what you were and then they have to copy your movements.</p>  | <p>Go for a winter wilderness walk. As you walk, take deep breaths.</p>    | <p>Make a big pile of clean socks. Move quickly as you match the pairs and run them to a different part of your home.</p>   | <p>Twist, turn, bounce, bend. Try doing each of these movements with different parts of your body. Can you think of other ways to move?</p>   | <p>Using a make believe paintbrush, paint your house. Stretch high, reach low, paint fast and paint slow.</p>   |
| <p>Find a bunch of pillows and set up an obstacle course. Use the pillows as rocks to step on as you cross the river. Don't get wet!</p>   | <p>Read a book with your family – act out the movements in the book.</p>                     | <p>Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.</p>  | <p>Build your muscles today by acting like a crab, a bear and a seal.</p>  | <p>Play "add-on". Take turns doing one simple movement, such as bending your elbow. As you do a new movement, repeat the movements that have already been done.</p> | <p>Go ice skating inside! Put two paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or a curvy line.</p>                                    | <p>Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.</p>  |
| <p>Roll up some socks, put them on a big beach towel, hold one the ends of the towel and fling the socks into the air.</p>   | <p>Play follow-the-leader in your house. Take turns moving to a different room and then do a fun movement in each room.</p>  | <p>Copy me. Toss a mitten in the air, do a trick and catch the mitten. Can someone copy you? Now you copy them!</p>  | <p>Sit on a t-shirt and move around the floor using only your arms to pull and push.</p>   | <p>Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, clapping, or snapping.</p>               | <p>Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud, or under a tree.</p>   | <p>Today you are going to be "rain". Can you act out a mist, or a drizzle, or a downpour? What about a windy rain, a cold rain, or a heavy rain?</p>                                      |
| <p>It "rained" yesterday so there are lots of puddles today. Pretend to run through the puddles, jump over the puddles, crawl around the puddles, and splash in the puddles.</p>                             | <p>Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.</p>  | <p>Practice your rhyming skills while moving. Say any movement word you can think of – like run. Then think of words that rhyme with it. Act out your words. <i>Have fun, as you run, under the sun!</i></p> | <p>Practice your kicking skills. Roll up a big pair of socks and kick them across the room into a laundry basket turned onto its side.</p>  | <p>Play "Movement Emotional Charades". Use your entire body to act out different emotions and see if someone can guess what you are feeling.</p>                    | <p>Let's go silly walking! Walk all around your home acting out different emotions. Can you walk happy, sad, shy and angry?</p>   | <p>Reach through each day again and repeat your favorite January activity. Enjoy!</p>                |

# FEBRUARY



## Get Moving Today!



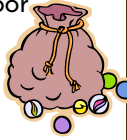




## ACTIVITY CALENDAR

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|--|---|--|--|---|
| <p>Celebrate Heart Healthy this month! Everything we do this month will help your heart be healthy. Put your hand on your heart after every physical activity.</p>  | <p>Start today with jumping jacks. Is your heart beating faster?</p>                                  | <p>Silly walking around the house – walk all around your house acting out different emotions – can you walk happy, sad, shy, angry?</p>          | <p>Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.</p> | <p>Play the “Mirror Game”. Face your parent/caregiver and copy what they do with their bodies as if you were looking into a mirror.</p>  | <p>Explore Speed – move fast, then really slow, and now in between. Which one makes your heart go faster?</p>  | <p>Time to get outside and take a Nature Walk around your house or neighborhood. Make sure to go with a grown up.</p>                                       |
| <p>Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again.</p>  | <p>Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.</p>   | <p>Move like things around the house. Can you be a blender? Now be the washing machine. How about a vacuum? What does this do to your heart?</p> | <p>Read a book with someone and act out the words.</p>                            | <p>Pretend you are floating through the air like a bubble. Your job is to move all through your house without being popped. Try to get really close to things without touching them.</p>         | <p>Ask someone to help you make paper airplanes and then work on your throwing skills. Remember to step with the opposite foot.</p>  | <p>Make a circle on the floor with a string and practice moving into, out of, around, over and beside. Make a different shape with your string.</p>         |
| <p>Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.</p>   | <p>Twist, turn, bounce, and bend - try doing each of these movements with different parts of your body. Can you think of other ways to move?</p>                                       | <p>Give away five hugs to make your heart happy and healthy today!</p>   | <p>Be a clean machine! Dust – reach high, low, over and under as you work your muscles.</p>   | <p>Visit every doorway in your home and when you get there try to do a different balance. Balance on one hand and two feet, or one knee and two hands. How long can you hold each one?</p>       | <p>Run like a bear with your hands on paper plates and your feet on the ground. Push the plates through different pathways.</p>  | <p>Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor.</p>                                       |
| <p>Visit every window in your home, and when you get there try to jump as high as you can as you reach and stretch.</p>  | <p>Yoga Zoo Animals – put your body into different animal shapes. Stretch and reach and hold the shape as you remember to breathe.</p>   | <p>Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened?</p>              | <p>Get outside and work on your jumping skills. Find a rope and lay it on the ground – practice jumping back and forth over it as you sing your favorite song.</p>  | <p>Body Ball Roll – using a ball, such as a beach ball, work on rolling the ball around your body. Stand up, sit down, kneel or lay down. Go around the whole body and different body parts.</p> | <p>Place a sheet of newspaper on your tummy – try to run without it falling off.</p>  | <p>Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw. What does this do to your heart?</p> |
| <p>Using the newspaper balls from yesterday – hold them between your knees and take them to the other end of the room.</p>  | <p>Play Add-On. Take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.</p> | <p>Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?</p>                                | <p>Sweep the floor, working your reaching and pulling and pushing motions.</p>  | <p>Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.</p>  | <p>Get outside and work on the idea of BIG and small. Can you take big steps and small steps, big jumps and small jumps?</p>   | <p>Read through each day again and repeat your favorite February activity. Enjoy!</p>   |

# MARCH

## Get Moving Today!

## ACTIVITY CALENDAR







| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|---|---|--|---|--|
| Start the month off with a game of follow the leader. Move around your house in different ways as someone copies your movements.  | "Chair Exercise". Move around, under, and over a chair; sit down and stand up using a chair; turn on music and wiggle & stretch while sitting in a chair.                       | 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.                               | Tear newspaper into long strips – crunch them up into balls – throw the balls into a basket – Rip-Crunch-Throw.   | Be a superhero! Think about all of your favorite superhero's and then spend some time moving just like they would.   | Ask someone to go for a walk with you and as you walk, make up a little song about moving and having fun together.            | Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breaths and relax as you reach and then relax. |
| Using paper plates as pretend stones; make an indoor nature trail through your house. Walk through the nature trail by only stepping onto the make believe stones.  | Make a pile of paper balls by crunching recycled paper. For one minute throw these balls all over the playing space – making a blizzard of balls. Collect them and do it again. | Using the balls from yesterday put them in a pile. Crab walk with one ball at a time on your tummy, carry it across the room. Move all the balls to a new pile. | Get outside and pick up trash in your yard.   | Take a "spring is here" walk. Swing your arms as you walk quickly. Notice all the signs of spring!<br>      | How many different ways can you carry a sock as you move around the house?  | 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.       |
| Turn on some music and take turns choosing a way to move.<br>   | Leaping! Put pillows on the floor and practice your leaping skills. Push off of your back leg and reach with your front leg.  | Work on your locomotor skills – go outside and practice walking, running, galloping, skipping, jumping and hopping.   | Pickup marbles with your fingers and toes. Lie on the floor and blow the marbles across the floor<br> | <br>Pull a wagon around outside as you pick up sticks. Create and obstacle course with the things you find. | Make it backwards day. Move from room to room backwards. Try to high and low, fast and slow.                                  | 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.                     |
| 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.   | 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.  | Using a scarf or handkerchief, practice your self-toss and catch skills. Watch the scarf with your eyes and move your body so the scarf can land in your hands. | 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?    | Make up a nonsense word. Now make up a movement to go with that word.  | 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. | Go on a walk through your home. Each time you get to a new space you have to change the way you are moving.  |
| Pretend to have a beach party. Turn on some beach music and dance. Pretend to surf and swim as you work your body.<br> | Pretend your arms or foot or elbow or nose is a crayon and draw a big picture of a rainbow in your home.  | Put a sock puppet on your hand and have it travel high, low, fast, slow, curvy and straight.  | Pretend to be a balloon – first without air, then being blow up, then floating around the room, and then being popped!  | Work on your tossing and catching skills with someone. Toss it right to their hands.<br>                  | Balance on two body parts. How about three parts or four or ever five body parts?   | Repeat your favorite activity this month!<br>                 |

# APRIL



## Get Moving Today!



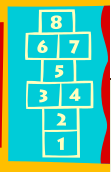



## ACTIVITY CALENDAR

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|--|--|---|--|--|
| <p>Have fun on April Fool's Day. Act out an emotion and see if someone can guess what you are feeling.</p>   | <p>Pretend you have a farm. 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>Get down on the floor and roll around – roll in a straight line, roll in a tiny ball, roll across the room.</p>                       | <p>I spy something red! Run and touch something red. I spy something yellow! Gallop and touch something yellow.</p>  | <p>Using an empty paper towel roll and a balloon; work on volleying the balloon so it does not touch the floor.</p>   | <p>Work those muscles by crawling, bear walking, crab walking, and slithering like a snake across the room.</p>                | <p>Jump 13 times – hop 13 times – march 13 steps – reach up high 13 times.</p>                                     |
|  <p>Can you do a jumping jack? Give it a try.</p>                                       | <p>Work on your bending, twisting, shaking, reaching, and crunching. Can you think of other ways to move while staying in one spot?</p>   | <p>Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?</p> |  <p>Practice your walking today – swing your arms, keep your head up, shoulders back. Do this outside!</p>                   | <p>Pretend that your home is full of mud puddles and your job is to jump over them without getting wet and dirty.</p>   | <p>Help out in the kitchen – sweep the floor and wipe down the counters. Use great big movements to work all your muscles.</p> | <p>With a ball that bounces work on bouncing and catching skills. Drop the ball and catch it after it bounces.</p> |
| <p>Get outside and run, gallop, and jump all over. Feel your heart when you are done – what is it doing?</p>   | <p>Find lines on the sidewalk or driveway and jump over them. Remember to land softly on two feet.</p>  | <p>Have fun rolling around your home. Work on rolling in a straight line and a curvy line.</p>   | <p>Try to wiggle and shake every part of your body, one by one. Then wiggle or shake your entire body.</p>   | <p>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>Practice your hopping. Remember to take off and land on the same foot. Hop near and far, high and low.</p>                  | <p>Turn some music on and move to the beat. This is more fun if someone does it with you.</p>                      |
| <p>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>Running is a great way to make your heart healthy. Try to run for 2 minutes without stopping.</p>   | <p>Pretend to be a seed that is planted in the ground and then grows into a big, strong tree.</p>  | <p>Find a ball and practice kicking. How far can you make the ball go? How high can you make it go?</p>  | <p>Find four pillows that are different sizes. Can you balance on each one without falling off?</p>  | <p>Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball.</p>     | <p>Wad up a tissue. Lie down on the floor like a snake and blow the tissue across the floor.</p>                   |
| <p>Put a paper plate on your head and walk across the room without it falling off. Can you bend down and get back up without it falling off?</p>                         | <p>Transport me! Put one small item on a paper plate and carry the plate on your palm to the other side of the room. Can you carry two items? How about three?</p>                        | <p>Go on a walk through your home. How many steps does it take to get from one space to another?</p>                                     | <p>Time to stretch and reach. Turn your body into different shapes and hold each shape, as you squeeze your muscles.</p>  | <p>Using kitchen tongs, practice picking up wash cloths and carrying them to the other side of the room, run back and do it again</p>   | <p>Time to get outside and move. Ask someone in your family to come out with you.</p>  | <p>What was your favorite? Go back and repeat your favorite April activity.</p>                                    |

# MAY

## Get Moving Today!




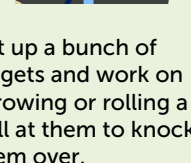


## ACTIVITY CALENDAR

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|---|---|---|---|--|--|
| <p>Take a walk. Each time you see a sign of spring do 10 jumps for joy.</p>    | <p>Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.</p>   | <p>Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.</p>   | <p>Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.</p>  | <p>Log Rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.</p>  | <p>Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zigzag line.</p>  | <p>Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.</p>                              |
| <p>Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! ☺</p>  | <p>Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).</p>                         | <p>Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.</p>   | <p>Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.</p>   | <p>Say the ABC's by putting your body into the shape of each letter.</p>  | <p>Go for a walk – breath in the air as you swing your arms and hold your head high.</p>   | <p>Can you skip? Give it a try – step, hop, step, hop.</p>   |
| <p>Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes.</p>                        | <p>Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.</p> | <p>Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.</p>   | <p>Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage.</p>  | <p>What animals do you see in the spring? Act them out.</p>   | <p>Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.</p>   | <p>Pick up your room! Each time you pick something up do five jumps before you put it away.</p>  |
| <p>Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping.</p>  | <p>Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.</p>  | <p>Nature Statues Game: Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10.</p>  | <p>Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.</p>                         | <p>Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly.</p> | <p>Do the Opposite! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.</p>  | <p>Pretend to play your favorite instrument and go on a parade around the yard.</p>  |
| <p>All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?</p> | <p>Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.</p>                           | <p>Get outside and play catch. Follow the ball with your eyes and move to where the ball is going.</p>  | <p>Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.</p>   | <p>Motions of the Weather: Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative!</p>   | <p>Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big.</p>   | <p>Go back and repeat the activities that you really enjoyed this month!</p>  |

# 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.<br>                                    | 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 – lay 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<br> | 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?<br>   | 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.<br> | 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.<br>    | 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.<br> | 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!  |

# JULY

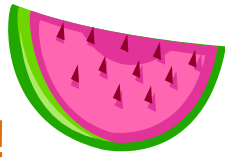
## Get Moving Today!

## 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 of 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>  |


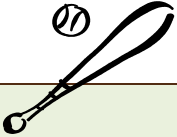





# AUGUST



## Get Moving Today!


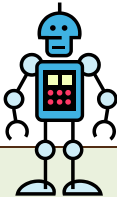




## ACTIVITY CALENDAR

| 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?<br> | 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.<br> | 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.<br> | 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.<br> | 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.<br> | 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.  |

# SEPTEMBER

## Get Moving Today!

## ACTIVITY CALENDAR








| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|---|--|--|--|---|
| <p>Make paper airplanes and practice throwing them – step and follow through toward the target.</p>  | <p>Shake your body! Take turns leading a fun dance move to your favorite music.</p>   | <p>Spread wash cloths around the room and jump from one to another.</p>   | <p>Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again.</p>                                | <p>Pretend to be robots and walk through your house, keeping your body stiff and straight.</p>        | <p>Make a set of shape cards. Pick a shape, find something that is that shape and run as fast as you can to touch it.</p>                                    | <p>Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? Which is the closest?</p> |
| <p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>  | <p>Clean Up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, and crab walk the item to a new spot.</p> | <p>Make two sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move - <i>gallop to the get the P or crawl to get the S.</i></p> | <p>Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.</p>                                    | <p>Use the shape cards from the 6<sup>th</sup>; put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.</p> | <p>Stretch out on the floor and then curl, bounce, freeze, twist, stretch and bend your entire body.</p>   | <p>Walk around the house three times – first fast, second backwards, and third like your favorite animal.</p>   |
| <p>Using your ABC cards, spread out a few letters. This time use rolled up socks to work on underhand tossing to the correct letters.</p>   | <p>Go for a walk and look for things that begin with different letters of the alphabet.</p>   | <p>Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.</p>   | <p>Collect 10 stuffed animals and put them in a line on one side of the room. How fast can you move one at a time to the other side of the room?</p> | <p>Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.</p>  | <p>Sit facing each other and roll a ball back and forth.</p>   | <p>Point to something outside, say the object's name, and move to it as fast as you can. When you get there rest and then find something else.</p>                            |
| <p>"What am I?" Take turns moving like something as the other person copies and guesses what you are.</p>   | <p>Do three with me! Wiggle, reach, and touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.</p>                     | <p>Move to every room in your home and jump five times. Remember jumping is two feet!</p>   | <p>Go for a color nature walk. Can you find fall colors?</p>     | <p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>   | <p>Build an obstacle course outside – run, jump, crawl, and climb.</p>  | <p>I spy something red! Take turns saying, "I spy something ____" and then together run to that object.</p>   |
| <p>Practice skipping. Step-hop-step-hop.</p>  | <p>Practice your kicking skills. Can you kick far and near?</p>   | <p>Find a stick and pretend to be in a parade as you move outside.</p>   | <p>Get outside and practice your running. Pump your arms forward and backward. Feel your heart!</p>  | <p>Go on a walking nature scavenger hunt, looking for signs of fall.</p>   | <p>Yell out a body part and see who can touch that part to the floor the fastest – without falling down.</p>   | <p>Go back and do your favorite activity from this month!</p>                            |

# OCTOBER



## Get Moving Today!






## ACTIVITY CALENDAR

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|--|---|---|---|--|
| Kick off the new month by practicing your kicking skills. Kick – chase – kick again.   | Fold a towel or newspaper and put in on the floor. Pretend it is a puddle that you are going to leap over. Each time you leap over it make it a little bit bigger. | Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest?                           | Create a movement sequence – hop, twist, reach – and then do it together. Say the words as you do the motions.  | Jumping obstacle course: Line up pillows across the floor and try to jump from one to another without touching the floor.   | Pretend to be airplanes. Start out on the floor, pushing yourself up and down with your arms to start your engine. Next stand up, with arms out as wings, fly all over the place. | Feel your heart. Walk for five minutes, feel your heart again. Is it beating faster? Why?<br> |
| Clean up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, crab walk the item to a new spot.   | Use recycled newspapers and crunch up pieces, making paper balls. Practice throwing the balls into a box. Throw from different distances and angles.               | Using the paper balls from yesterday practice self tossing and catching. Can you clap between catches?   | Turn your favorite music on and make up a sequence of dance moves. Share them with someone!<br> | Using a pool noodle create a jumping challenge. Place the noodle on the floor and jump over it. Next move the noodle slightly off the floor and jump over it.   | Roll up a pair of socks. Try to balance the socks on different parts of your body as you move throughout space. Try to move around, over and under things.                        | "At the Zoo". Take turns naming an animal. Try moving around just as that animal would.  |
| Go for a color walk outside. As you walk keep track of the different colors you see and then when you return home draw a picture using those colors.<br> | <br>Rake piles of leaves & jump into them!  | Outdoor dramatic play: Fly like birds – high and low and fast and slow. Pretend to fly south for the winter and return in the spring!                                      | Go on a rock hunt and sort the rocks you find by size or color.   | Read nature-related books and go outside to look for wildlife, like birds, bugs and squirrels. Nature is all around – no matter where you live!<br> | Play I Spy! Go outside and take turns saying, "I spy something ____" and then together run to that object.  | Pick up some sticks around the yard, line them up and jump over them<br>                     |
| Get outside again! Go on "an around" walk. Walk around your house, walk around a light pole, walk around a leaf on the ground...   | Musical Freeze: Have someone turn the music on and off. When it is on you must dance and move, but when it is shut off you must balance and freeze.                | Galloping Fun: Find something around the house that could be your horse (broom, hockey stick, wrapping paper tube). Go for a horse ride as you walk, run, and gallop.      | Pathway locomotion challenge! Choose a start and finish. Choose a way to move (walk, run, skip, robot etc.). Choose a pathway – either straight, curvy or zigzag.                 | Pretend to be a cloud as your float around outside. Change your shape as you move through space.<br>   | Turn on some music and make up some new moves. Try to move high, low, big and small.  | Transportation Travels! Take turns naming a different type of transportation and then pretend to move that way. Such as a train, bike, car, etc.                                 |
| Do the Twist! Sit or stand on a t-shirt and twist away.  | Practice your ball rolling skills, by rolling a ball into a box set on its side or rolling a ball to knock over obstacles.   | Run and Touch: Have someone identify a part of your body and a number – now, run and touch that many items using that body part (i.e. touch eight things with your elbow). | Take a break and stretch, reach and bend as you take big breaths.   | Connect to someone else and try moving together in different ways. How long can you stay connected?   | Stretch as big as you can. Curl up as small as you can. Now explode back to being as big as you can   | Go back and do your favorite activity from this month!   |

# NOVEMBER

## Get Moving Today!

## ACTIVITY CALENDAR



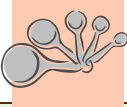


| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|--|---|--|---|--|
| <p>Make a big circle outside. Practice moving in relationship to the circle. Can you move around it? Can you move in and then out of it? Can you run across it?</p> | <p>Move in opposites – fast/slow, up/down, near/far, big/small.</p>  | <p>Practice rolling your body across the floor. Make your body like a pencil and roll, then make your body like a ball and roll.</p>                           | <p>Jump over the river. Roll up a towel and put it on the floor. Can you jump over it? Make the towel just a little bit bigger – can you still jump over? How big can you make it?</p>                                | <p>Set up a few of your stuffed animals. Roll up a pair of socks. Practice throwing the sock ball at the animals. Step at the animal as you throw.</p> | <p>Turn on some music and take turns making up a movement. Play copy cat boogie, by following what each other does.</p>  | <p>Jumping stones: Put a bunch of wash clothes or handkerchiefs on the floor. Can you jump from one to the next? Try to cross the room without touching the floor.</p> |
| <p>Get outside and go for a walk. Look for different shapes. Can you find a circle, a square, and a triangle?</p>   | <p>Can you try to move for two minutes without stopping? What happens to your heart when you do this?</p>   | <p>Try skating on some paper plates. Put your feet on the plates and slide around the room, or put your hands on the plates and push them around the room.</p> | <p>Get a laundry basket and practice throwing things into it – try tossing far away and try tossing when you are really close.</p>  | <p>Use your body to pretend. Can you move like spaghetti? How about applesauce? How about a melting ice cube? Can you think of something?</p>          | <p>Get outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again.</p>   | <p>Play I spy. One person says "I spy _____". And when the other person sees it you both run to it. Next time try skipping or galloping.</p>                           |
| <p>Color Find and Move. Have someone name a color, and then your job is to move to something that is that color. Move in all different ways.</p>                    | <p>Work on your catching skills. Use a soft ball or rolled up socks. Toss it up and catch it. Keep your eye on it as it travels through the air.</p>  | <p>Work on moving in relationship to each other. Move side by side. Move front to back. Move under then over.</p>  | <p>Walking with style. Go on a backwards walk. Now try a sideways walk. How about a spinning walk.</p>  | <p>Go to each space in your home and practice hopping on one foot and then the other. Run to a new space and hop again.</p>                            | <p>Indoor Zoo: Move like an animal through your home. Each time you get to a new space change to a new animal.</p>  | <p>How many parts of your body can you bend? Give it a try!</p>                     |
| <p>Go on a shape walk. As you walk, pump your arms and get that heart beating. How many different shapes can you find?</p>  | <p>Walk, jog, run – start out by walking one lap around your home. Now jog one lap and then finally run one lap. Which one was harder?</p>            | <p>Turn on some music and try to keep moving for an entire song. Check out what it does to the way you are breathing.</p>                                      | <p>Draw a shape on a piece of paper and then try to put your body into that shape. Keep your body still as you hold the shape.</p>  | <p>Play a game of Can You? Can you spin on your bottom? Can you jump to the sky? Your turn to create a movement to try!</p>                            | <p>Practice your jumping skills. Bend your knees, push off the floor, and reach to the sky. How high can you jump? How far can you jump?</p>  | <p>Toss a t-shirt in the air, let it land on your head. Toss it again, let it land on your shoulder, your elbow, your tummy or your foot.</p>                          |
| <p>Make a set of cards that have a number on each card. Put the cards in a bucket. Draw a card, read the number, then take that many steps together.</p>            | <p>Work on walking tall and proud. Can you balance a paper plate on your head as you walk around your home?</p>                                       | <p>Do some outdoor chores as a family. Reach, pull, push and bend.</p>      | <p>Work on those muscles in your hand, crush up recycled paper into tiny balls. Do it with your right hand and your left hand. Keep these balls for tomorrow.</p>   | <p>Use the recycled paper balls and work on your throwing skills. Step and throw across the room. Crab walk to the balls and throw them back.</p>      | <p>Balance fun. Try putting four parts of your body on the ground and balancing. How about four other parts? Now try balancing on three parts or even five parts.</p>                                       | <p>What were your favorite November Activities? Do them again!</p>   |

# DECEMBER



## Get Moving Today!

## ACTIVITY CALENDAR

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|--|--|--|--|---|--|--|
| Time to practice your jumping skills. Practice jumping far and high – bend your knees, reach for the sky, and land softly.                                       | Go for a walk. As you walk practice other ways to move, skipping, galloping, sliding, and leaping.   | Using a balloon, practice volleying with different parts of your body. Can you keep the balloon in the air using your hand, your thumb, or even your elbow?    | Go on an ABC treasure hunt! Move throughout your house finding items that begin with each letter. When you get to an item do a fun movement such as donkey kicks, log rolls, or jumping jacks.   | Movement Add On: Working together, create a movement sentence. One person starts by doing one movement, the next person does a new movement, and then do the two movements together. Keep adding new movements. | Enjoy the day by going for a family walk. As you walk together take turns sharing something that is special about your family.   | Turn on some relaxing, quiet music as you stretch your body in many different ways. Between each stretch try to relax and breathe.                                 |
| Work on your kicking skills. Kick a pair of rolled up socks from room to room.   | Sit with your family and take turns laughing. Try to make your laugh extra special.  | Time to roll. Clear out some space in your home and roll from one end to the other. First keep your body as straight as you can, then try it with a bent body. | Roll up some socks and practice your throwing skills - turn, step, throw, follow-through.  | Practice your hopping skills! Hop once on each foot, and then hop twice on each foot, etc. Keep on hopping and counting.  | <br>Pretend to skate on paper plates. Add some style and some tricks.                             | Puzzle relay: Put puzzle pieces on one end of the room. Starting on the other side, run, pick up a puzzle piece, run back and start the puzzle.                    |
| Find items around your home that make noise. Use these "instruments" as you march through your home in a parade.   | Create an obstacle with chairs and blankets. Practice moving under, over and around.<br> | Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.                             | Sort toys as you exercise. Begin by figuring out how to sort – by color, by size – then make piles on different ends of your home. As you find an object move quickly to the correct pile, hop on each foot five times, and then move quickly back to get another toy. | Use your creativity to make up a new game that uses something from your kitchen. Give your game a funny name.<br>           | Get outside and go for a walk. As you walk breath in through your nose and blow out through your mouth.  | Work on your cutting skills and make some paper snowflakes.<br>                |
| Use the snowflakes from yesterday to make a trail through your home. Can you move through your home without touching the floor and only touching the snowflakes? | Take a run. Work on moving in a straight line, move your arms front and back, and land lightly on your feet. Celebrate winning the race!                                   | Family relaxation activity. Turn the lights off and you lay down on the floor. Squeeze and then relax your muscles. Breathe.                                   | Movement charades: Act out something that has to do with winter. Can anyone guess what you are?  | Indoor snowball fight! Make a bunch of paper balls and have fun throwing them far, near, high, low. Pick them up and do it again.   | Transportation fun: Begin by identifying a different form of transportation and then pretend to do it. Such as riding your bike, driving a big bus or gliding on your roller blades. | Scatter socks throughout the room. Pretend to walk on a tight rope. When you get to a sock, stand on one foot, bend down and pick up the sock – keep your balance. |
| Get outside for a game of tag. If you have snow on the ground, this will be extra good for your body.  | Pretend to float all through your home like a snowflake falling from the sky - float high, float low, float fast, float slow.  | Can you build a tower out of pillows? Practice your underhand throwing skill as you try to knock over the tower.   | Pretend to be animals who play in the snow – walk like a polar bear, a penguin, and a seal.  | Sit across from your parent/caregiver and practice rolling a "snow ball" back and forth – count to 10 as you roll back and forth, and then move further apart and try it again.                                 | Put mittens on your feet and use them as skates to glide across the kitchen floor.<br>          | What was your favorite activity this month? Give it another try!   |