













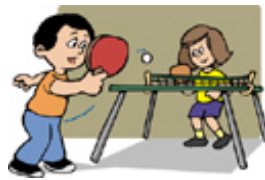




# April 2008



## Elementary Fitness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Try every sport you can think of this month!</p> 		<p>1 Find a target in the yard and practice throwing your Frisbee® at it. How many tries does it take? This is Frisbee® golf!</p>	<p>2 Now try playing Frisbee® golf with a friend at recess. Take turns naming the target.</p>	<p>3 Find something you can leap over today. Leap as many times as you can without touching the object.</p>	<p>4 Play follow the leader with a friend today. Do something that makes you breathe hard!</p>	<p>5 Take a grown-up for a nice long walk today.</p> 
<p>6 Family time! Go out to a local park and play on the climbing structures.</p>	<p>7 Race your friend today in the play ground during recess. Best out of three wins! Try a different locomotor activity; running isn't the only thing you can do.</p>	<p>8 Climb on something today.</p> 	<p>9 Play catch with a friend. Try to make 100 throws and 100 catches. Practice at home!</p>	<p>10 Go skating or biking today. Don't forget to wear your safety helmet.</p> 	<p>11 Try playing catch today using lacrosse sticks.</p> 	<p>12 Baseball season is here! Practice fielding today with a friend.</p>
<p>13 Tennis anyone? Get your racquet and practice volleying with a parent.</p>	<p>14 Skip-to-my-lou-try skipping everywhere you go today!</p> 	<p>15 Dance, dance, dance! Have a dance-off during recess. Show your best moves!</p>	<p>16 Find a hill and log roll over and over. Run back up to do it again!</p>	<p>17</p>  <p>Get out and play some soccer today.</p>	<p>18 Jump as high as you can every chance you get all day today.</p>	<p>19 Take the family exploring in a local nature area-run in a field!</p>
<p>20 Help your family get the garden ready for planting today.</p> 	<p>21 Do some yoga exercises today. Bumpy camel is relaxing. Go to: <a href="http://www.childrensyoga.com/tryyoga.htm">http://www.childrensyoga.com/tryyoga.htm</a> and try yoga with a grownup.</p>	<p>22 Go on a long bike ride today with a friend.</p> 	<p>23</p>  <p>Try some martial arts moves-check out a class or a video.</p>	<p>24 Find time to jump rope. Jump as many times as you can without a rest. Now do it again and see if you can better your number.</p>	<p>25 Try throwing at a target today-can you hit it every time?</p> 	<p>26 Play golf today with an adult.</p> 
<p>27 Go to the park and play on the swings.</p> 	<p>28 Dribble a ball every time you walk outside. Add up all the dribbles you make.</p>	<p>29 Spring cleaning-help your family carry the trash for pickup. What a workout lifting can be!</p>	<p>30 Fun day! Try the sliding board in the playground or play some table tennis. Do something different!</p>		<p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit <a href="http://www.naspeinfo.org/observePE">www.naspeinfo.org/observePE</a> for an observation assessment tool.</p> 