

Jeffco Family Physical Activity Calendar

Is there a **special occasion this month**? Celebrate birthdays or anniversaries with something active such as a hike, volleyball game, or a Frisbee match.

<p>Day 1</p> <p>ABC Walk Go for a walk and look for things that begin with different letters of the alphabet.</p>	<p>Day 2</p> <p>Partner Challenge! Sit back to back with someone in your family. Link your arms together and try to stand up without unlinking them.</p>	<p>Day 3</p> <p>Take the Stairs Commit to taking the stairs whenever possible. Are there stairs you can run/walk as a family?</p>	<p>Day 4</p> <p>Sock Ball Challenge Ball up a pair of socks. Create challenges using the sock. i.e.: Throw the sock up, then kick, clap and catch it.</p>	<p>Day 5</p> <p>Tag, You're it! Play a game of tag. When you get tagged, do 10 jumping jacks.</p>	<p>Day 6</p> <p>Commercial Break! When watching tv, get up and move during commercials. Think jumping jacks, running in place, etc.</p>	<p>Day 7</p> <p>Video Movement Break! Snap and Move Along with the Addams Family!</p>
<p>Day 8</p> <p>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>Day 9</p> <p>Scavenger Hunt Go for a walk looking for items in your neighborhood. Use this resource as a guide.</p>	<p>Day 10</p> <p>Go Bowling! Create your own bowling pins and course, using empty water bottles or plastic cups. Grab a ball and start rolling to knock over the "pins"!</p>	<p>Day 11</p> <p>Aerobics! Try doing 10 each of the following activities: jumping jacks, squats, lunges, sit ups, push ups.</p>	<p>Day 12</p> <p>Hide and Seek Play a few games of hide and seek! Who can find the best hiding spot?</p>	<p>Day 13</p> <p>Active Charades Act out different sports/activities and have your family guess what you're acting out.</p>	<p>Day 14</p> <p>Video Movement Break! Just Dance-Un Poco Loco</p>
<p>Day 15</p> <p>The Floor is Lava! Spread washcloths, towels or pillows around the room and jump from one to another.</p>	<p>Day 16</p> <p>Family Walk Before or after dinner head out as a family to walk around the neighborhood. Aim to walk for at least 15 minutes to begin.</p>	<p>Day 17</p> <p>Keep in Going How many times can you throw a ball (or sock ball) back and forth with a partner? How long can you keep a balloon in the air?</p>	<p>Day 18</p> <p>Obstacle Course! Find items around your house to create an obstacle course. Check out this video for ideas.</p>	<p>Day 19</p> <p>Full body rock, paper, scissors. Rock-curl into a ball. Scissors-stand with legs and arms apart. Paper- stand with feet/arms together. Best of 3 wins!</p>	<p>Day 19</p> <p>Extra Steps: Park farther away and count the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop.</p>	<p>Day 20</p> <p>Video Movement Break! Monster Moves-Dance Along</p>
<p>Day 21</p> <p>Movement Sequence Create a movement sequence – hop, twist, reach – and then do it together. Say the words as you do the motions. .</p>	<p>Day 22</p> <p>Family Fun Day Head out to the park, go swimming or go biking as a family.</p>	<p>Day 23</p> <p>Crank The Music and Boogie Down Try turning off the lights and using a flashlight as a strobe light.</p>	<p>Day 24</p> <p>Play Ball! Grab any ball you have around the house and play! Kickball, baseball, football, basketball, volleyball, etc.</p>	<p>Day 25</p> <p>Limbo! Use a jump rope, pole or even some string or yarn to limbo under. Who can go the lowest?</p>	<p>Day 26</p> <p>Crab Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>Day 27</p> <p>Video Movement Break! Halloween Freeze Dance</p>
<p>Day 28</p> <p>No Hands! Pick up a ball from the floor without using your hands. Are you able to put it in a bowl or other container?</p>	<p>Day 29</p> <p>Wake and Shake When you wake up in the morning, shake your body for 10 seconds. Then jump up and down 10 times.</p>	<p>Day 30</p> <p>Simon Says Choose one person to be "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon Says" first.</p>	<p>Day 31</p> <p>Handshake Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.</p>	<p>TIP: Aim for 30-60 minutes of activity daily. If you don't have 30-60 minute blocks of time, break up activity into smaller blocks of time.</p>	<p>Share pics of your family being active via Facebook and/or Instagram @jeffcohealthyschools.</p> <p>Learn more about Jeffco Healthy Schools @ tinyurl.com/healthyschoolsjeffco</p>	