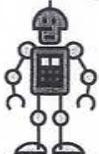
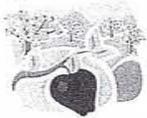


Bill



September 2013 Get Moving Today Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|--|
| <p>1 Make paper airplanes and practice throwing them – step and follow through toward the target.</p>  | <p>2 Shake your body! Take turns leading a fun dance move to your favorite music.</p> | <p>3 Spread wash cloths around the room and jump from one to another.</p> | <p>4 Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again.</p> | <p>5 Pretend to be robots and walk through your house keeping your body stiff and straight.</p>  | <p>6 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>7 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>8 Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p> | <p>9 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.</p> | <p>10 Make 2 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>11 Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.</p> | <p>12 I spy something red! Take turns saying, “I spy something _____” and then together run to that object.</p>  | <p>13 Use the shape cards from the 6th – 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>14 Stretch out on the floor Curl, bounce, freeze, twist, stretch and bend your entire body.</p> |
| <p>15 Walk around the house 3 times – first fast, second backwards, third like your favorite animal.</p> | <p>16 Yell out a body part and see who can touch that part to the floor the fastest – without falling down.</p> | <p>17 Keep mom or dad company by running in place as they prepare dinner.</p> | <p>18 Using your ABC cards spread out a few letters like on the 8th. This time use rolled up socks to work on underhand tossing to the correct letters.</p> | <p>19 Practice rolling with your body – keep your body straight and then form a ball with your body.</p> | <p>20 Go for a walk and look for things that begin with different letters of the alphabet.</p> | <p>21 Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.</p> |
| <p>22 Collect 10 stuffed animals – 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>23 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>24 Sit facing each other and roll a ball back and forth.</p> | <p>25 Point to something outside, say the object’s name, move to it as fast as you can. When you get there rest and then find something else.</p> | <p>26 What am I? Take turns moving like something as the other person copies and guesses what you are.</p> | <p>27 Help with yard work. Pull weeds, pick up rocks or sweep the driveway.</p> | <p>28 Do three with me! Wiggle, reach, touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.</p> |
| <p>29 Using two towels on the floor, work on jumping from one to the other. Bend your knees when you take off and bend them as you land.</p> | <p>30 Using your bodies – form the letters of your name. Can you do this laying on the ground? How about standing up? Now work on each letter. Use the ABC cards as a visual model.</p> |  | | <p>Duplicated with permission from Head Start Body Start (HSBS).</p> | |  |