


















June 2008 Elementary Fitness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Family Adventure Day!</p> <p>Go to the community pool with your family!</p>	<p>2 Play hopscotch with some friends during recess.</p> 	<p>3 Do some soccer drills. Dribble & kick around a soccer ball!</p> 	<p>4 Take a 30 minute walk with your family around the neighborhood.</p>	<p>5 Play "Run & Scream". Keep running until you're out of breath! Improve your lung capacity.</p>	<p>6 Challenge your friends to a game of "Human Knot"!</p>	<p>7 Go to the local park and ride your bike on the trails.</p> 
<p>8 Family Adventure Day!</p> <p>Join your family after dinner for some bowling.</p>	<p>9 Play leap frog with a friend.</p> 	<p>10 Practice throwing & catching a Frisbee®. Later challenge friends in some Ultimate Frisbee®!</p>	<p>11 During recess, take out a parachute and play "Cat and Mouse".</p>	<p>12 Show your skills! Play some basketball!</p> 	<p>13 Crank it up! Play your favorite songs & have a dance party! Ask an adult to join in.</p>	<p>14 Join your family for some camping or fishing!</p> 
<p>15 Family Adventure Day!</p> <p>Have a picnic and go on a hike!</p> 	<p>16 Compete in the game of "Pass the Hula Hoop" with your friends.</p>	<p>17 Practice some bench dips and pull-ups on the playground.</p> 	<p>18 Make up a fun game today. Teach it to your family.</p>	<p>19 Get outside and jump rope today!</p> 	<p>20 Go to a big field and fly a kite.</p> 	<p>21 Spend the afternoon at the nearest roller rink or skating rink with your friends.</p>
<p>22 Family Adventure Day!</p> <p>Do some yard work with your family.</p>	<p>23 Go to a local mall. Walk around and at the end of the day carry any bags of purchases to/from the car.</p>	<p>24 Go for a jog in your neighborhood. Take a parent. Stretch afterwards.</p> 	<p>25 Do 10 crunches before and after every meal.</p> 	<p>26 Play "Capture the Flag" or "Flag Football" with your friends!</p> 	<p>27 Do bicep curls with a bottle of water for resistance. Try 10 on each arm. Do it again!</p>	<p>28 Go to beach & stay active! Try beach volleyball, Frisbee®, and swimming with your family!</p>
<p>29 Family Adventure Day! Go to an amusement park with your family!</p>	<p>30 Help family members with doing house chores. Make it FUN!</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 www.naspeinfo.org/observePE for an observation assessment tool.</p>		