







# Ten at a Time Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances</b></p> <p>National PE &amp; Sport Week (May 1-7) National Physical Fitness and Sports Month Mental Health Month National Teen Pregnancy Prevention Month</p>						
<p><b>6 4 for 10</b></p> <p>10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p><b>7 Bosu-Ball Sit-ups</b></p> <p>Sit on a bosu-ball and do 10 sit-ups. Don't have a bosu-ball? Sit up with knees bent, lean back as far as you can &amp; sit back up.</p>	<p><b>8 10 Squat Kicks</b></p> <p>Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg</p>	<p><b>2 Cardio/Agility Circuit</b></p> <p>Sprint forward 10 steps Side Shuffle Left 10 steps Back Paddle 10 steps Side Shuffle Right 10 steps</p>	<p><b>3 Squat Challenge</b></p> <p>Complete 10 sets of 10 squats before the end of the day. Use weights for an added challenge.</p>	<p><b>4 Jab, Jab, Cross</b></p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p><b>5</b></p> <p>10 pushups 10 bodyweight squats 10 jumping jacks 10 high knees</p>
<p><b>13 Couch Potato Circuit</b></p> <p>Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>	<p><b>14</b></p> <p>Boxer Shuffle 10 seconds 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat</p>	<p><b>15 Chair Squats</b></p> <p>Stand about six inches in front of a chair. Squat until your buttocks touches the chair and stand back up.</p>	<p><b>9 Mummy Kicks</b></p> <p>Criss-cross arms from left to right while lightly hopping &amp; kicking your feet from left to right.</p> 	<p><b>10 Line Jumps</b></p> <p>Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</p>	<p><b>11 Scissor Jumps</b></p> <p>Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.</p>	<p><b>12</b></p> <p>On the hour complete 10 squats, 10 wall push-ups and 10 jumping jacks</p>
<p><b>20 10 Toe Touch Kicks</b></p> <p>Lift your left leg forward and touch your toe then repeat on your right leg. Complete 10 on each side.</p>	<p><b>21 Step Jumps</b></p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p><b>22 Eagle Pose</b></p> <p>Hold eagle pose two times on each leg for 20 seconds</p> 	<p><b>23 Shuffle Squat</b></p> <p>Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p><b>17 Walking Lunges w/ weights</b></p> <p>Don't have weights try holding a textbook to your chest or another heavy object.</p>	<p><b>18 Tabata</b></p> <p>Burpees 20 seconds of work 10 seconds of rest 8 rounds</p>	<p><b>19 Cardio</b></p> <p>Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</p>
<p><b>27 Distance Run</b></p> <p>Test yourself. Can you run 10 minutes without stopping? Pick a comfortable pace and challenge yourself!</p>	<p><b>28 Interval Training</b></p> <p>Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch</p>	<p><b>29 Scissor Jacks</b></p> <p>As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 25</p>	<p><b>30 Go Outside</b></p> <p>Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.</p>	<p><b>31 Bridge Pose</b></p>  <p>Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky.</p>	<p><b>25 Pendulum Stretches</b></p> <p>Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.</p>	<p><b>26 Up and Squat Challenge</b></p> <p>Any time you get up from your seat today, complete 5-10 squats before moving.</p>

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<b>6 Mini Dance</b> 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat Suggested song: "Party Rock" by LMFAO	<b>7 Stork Tag</b> Play tag while hopping on one leg like a stork. Stay inside a small boundary.	<b>8 You're a Frog!</b> Practice your frog jumps by traveling as far as you can in 30 sec. Repeat 5 times trying to get farther each time.	<b>9 Mummy Kicks</b> Cris-cross arms from left to right while lightly hopping & kicking your feet from left to right.	<b>10 Toe-To-Toe Jump Rope</b> Hop on the left foot and touch the right toe, then hop on the right foot and touch the left toe. Hint: keep body over weighted foot.	<b>11 Scissor Jumps</b> Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.	<b>12 Around the House</b> See how many times you can run around the outside of your house without stopping. Check your pulse when you finish.
<b>13 Couch Potato Circuit</b> Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats	<b>14 Soccer Dribble</b> Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.	<b>15 Everybody IT Tag</b> Everybody's IT! If you get tagged sit down. You're still IT. Tag people as they run by. Last one up wins!	<b>16 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	<b>17 4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	<b>18 Family Adventure</b> Go for a walk with your family. Keep track of where you walk and name the path to walk on it again.	<b>19 Cardio</b> Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.
<b>20 Balancing Act</b> Practice balancing on one foot on a step, curb or balance beam at a park. Try bringing your free knee up to a 90 degree angle. Switch sides.	<b>21 Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	<b>22 Eagle Pose</b> Hold eagle pose two times on each leg for 20 seconds each.	<b>23 Stairs</b> Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	<b>24 Kick City</b> 20 side kicks 20 front kicks 20 back kicks	<b>25 Pendulum Stretches</b> Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.	<b>26 Freestyle Dance</b> Make a playlist of 3-5 of your favorite songs or listen to the radio. Dance or keep moving to the music for the entire time.
<b>27 Stuck in Mud</b> Tag with a twist! When a person gets tagged, he/she is "stuck in the mud." To get unstuck, another player must crawl through his/her legs.	<b>28 Just play!</b> Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	<b>29 Crab Walk</b> Try crab walking around your living room. Gather family members or friends and have a race.	<b>30 Wake and Shake</b> As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	<b>31 Bridge Pose</b> Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each hour of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!	

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<b>13 Couch Potato Circuit</b> Complete this while watching your favorite TV show: 10 Chair Dips 10 Sit-Ups (feet under the couch for help) 10 Squats	<b>14 Soccer Dribble</b> Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.	<b>15 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.	<b>16 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	<b>17 4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	<b>18 Tabata</b> Burpees 20 seconds of work 10 seconds of rest 8 rounds	<b>19 Cardio</b> Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.
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<b>27 Dance</b> Blare some music and dance around the house or play an interactive game like Just Dance!	<b>28 Interval Training</b> Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch	<b>29 Scissor Jacks</b> As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 25	<b>30 Go Outside</b> Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.	<b>31 Bridge Pose</b> Lie on your back. Place your hands and feet on the ground. Push your stomach up towards the sky. 	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!	