

# September 2024

## Secondary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 Test Your Agility</b> Create a pattern with various cones/items with a friend. Time each other to see who can touch each item &amp; complete the pattern faster!</p>	<p><b>2 Run Right</b> Check out this quick video, <a href="#">Proper Running Form</a>, &amp; see how many tips you can apply to demonstrate proper running form!</p>	<p><b>3 Move for a Lifetime</b> Name a <a href="#">lifetime sport</a> and show your favorite movement skill for it.</p>	<p><b>4 Squat &amp; Lunge</b> Put on your favorite song and alternate 10 <a href="#">squats</a> and 10 <a href="#">lunges</a> for the entire song! Make sure to demonstrate proper form!</p>	<p><b>5 On the Circuit</b> Create a circuit for 15 minutes that includes stations for balance, speed, and coordination.</p>	<p><b>6 Stretch Out</b> Perform a stretching routine after your exercise session today.</p>	<p><b>7 Take it Outdoors</b> Choose your favorite backyard game and ask some friends to play outside!</p>
<p><b>8 Snack Plan!</b> Find some healthy snacks you'd like to try, and plan out your snacks for the week.</p>	<p><b>9 5-Day Plan</b> Choose a skill you would like to improve, &amp; create a plan to improve that skill for 5 days!</p>	<p><b>10 Create a dance!</b> create a 60 second dance routine to your favorite song.</p>	<p><b>11 Rest Day</b> research how sleep can impact the body's response to physical activity.</p>	<p><b>12 Personal Tech</b> Using your device, search the benefits of physical activity and wellness, &amp; share it with a friend or family member.</p>	<p><b>13 My favorites</b> make a list of your favorite ways to stay physically active.</p>	<p><b>14 Warm Up to Cool Down</b> demonstrate correct dynamic and static stretching activities for a warm up or cool-down.</p>
<p><b>15 Pick a Sporting Event</b> Watch a live sporting event and evaluate the leadership skills displayed by the coaches and players.</p>	<p><b>16 Cooperative Obstacle Course</b> Create obstacle course to allow students to work together as a team to complete the course.</p>	<p><b>17 Basketball Skills Check</b> Complete a self-assessment while completing shooting, dribbling, and passing skills.</p>	<p><b>18 Pick an Olympic Sport</b> Research the cultural context and significance of your favorite Olympic sport.</p>	<p><b>19 Hydration Awareness</b> Research the importance of proper hydration during physical activity.</p>	<p><b>20 Respect Role Play</b> Create role play scenarios where you respectfully interact with their teammates and opponents.</p>	<p><b>21 Encouragement Workout</b> Lead a friend or family member through your favorite workout routine, while providing encouraging and supportive verbal cues.</p>
<p><b>22 U Pick 2!</b> Pair 1 cardiovascular exercise w/ 1 bodyweight exercise. Alternate between each exercise 4 times each for 30 seconds, with 15 seconds rest between each exercise.</p>	<p><b>23 Tri-athlete it!</b> Create your own triathlon with 3 of your fave physical activities! Try to do each exercise for 10-15 minutes with minimal rest between activities!</p>	<p><b>24 Team Effort</b> Gather some friends and/or family members to play your favorite team sport!</p>	<p><b>25 Mindful Minute</b> Before you begin an activity, take 60 seconds to clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your mind back to your breathing.</p>	<p><b>26 Mind &amp; Body</b> Make a list of all the ways movement experiences during physical education helps you understand how moving your body is personally meaningful.</p>	<p><b>27 Dance it Out!</b> Put on your favorite playlist to dance to, and have a dance with a friend or by yourself!</p>	<p><b>28 Fitness Vibe</b> Perform 5 sets! 10 Mountain Climbers 10 Squat Jumps 10 Push-ups 10 Jump Lunges 10 Bicycle Crunches</p>
<p><b>29 Your Favorite Activity to Do</b> Pick your favorite activity from this month and do it again!</p>	<p><b>30 Your Favorite Activity to Share</b> Pick your favorite activity from this month and share it with a friend or family member!</p>	<p>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.</p>		<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>• National Courtesy Month</li> <li>• National Self-Care Awareness Month</li> <li>• National Suicide Prevention Month</li> <li>• Fruit and Veggies – More Matters Month</li> <li>• National Childhood Obesity Awareness Month</li> <li>• National Yoga Awareness Month</li> </ul>		