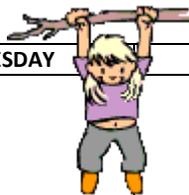


JUNE 2013

Get Moving Today!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Run in circles. Go outside and run in big, small, and medium sized circles.
2 Make a paper airplane and see how far you can make it fly.	3 Work on your tossing skills. Find some small objects to toss into a box. Keep backing up to see if you can toss further.	4 Bug Boogie: Pretend to be a bug - be small like an ant, long like a centipede, or fly like a butterfly. Turn on some music and dance as that bug!	5 Draw a hopscotch pattern outside and work on your jumping and hopping skills.	6 Go to a park and try to keep moving for 15 minutes without stopping. Run, climb, and jump.	7 Set up a bunch of targets and work on throwing or rolling a ball at them to knock them over.	8 Stretch your body into the shapes of each letter in your name. Stretch big and small.
9 Can you walk while you balance a book on your head?	10 Spread out paper plates on the floor. Pretend they are rocks in a stream. Get from one side to the other without stepping in the stream.	11 Roll up some socks to make a soft ball and practice your self-toss and catch skills.	12 Find an open space and work on rolling in different ways...long, straight body and a curled up small body.	13 Say three different motions as your partner does them, such as touch your nose, spin around, and jump up high. Take turns.	14 Go for a family walk and take turns saying something you are really happy about or thankful for.	15 Find a line on the floor and practice jumping over it. Swing your arms high and land softly.
16 How quickly can you side step across your room and back?!	17 Turn on some slow, quiet music – lay on the floor, relax, breathe and stretch.	18 Walk and run around your house four times. Each time try to go a little faster.	19 Work on your kicking skills. Try running up to the ball, swing your leg back and then kick through the ball.	20 Pretend that you are at a magical zoo. Identify an animal - move and sound like that animal.	21 Pretend to be a growing flower. First you are a tiny seed in the ground and then you grow into a big flower.	22 Feeling crabby?! Crab walk across a space and back.
23 Work on throwing hard. Bring the ball back to your ear and take a nice big step forward.	24 Play follow the leader with someone. Try to move in many different ways.	25 Do a job like sweep the floor. Try to find something that uses lots of muscles.	26 Draw different shapes with sidewalk chalk and practice moving over and around them.	27 Work on dribbling a ball with your feet. Try saying tap, tap, run, run as you do this.	28 Practice passing a ball back and forth, using your feet. Start out close and move apart.	29 Make up a silly dance, show it to someone, and then ask them to do it with you.
30 Go back and do your favorite activity this month.						