

APRIL 2013

Get Moving Today!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Have fun on April Fool's Day. Act out an emotion and see if someone can guess what you are feeling.	2 Pretend you have a farm. Pretend to be a horse galloping, a pig rolling in the mud, and a farmer picking apples high in a tree.	3 Practice your walking today. Swing your arms, keep your head up and shoulders back.	4 Get outside and run, gallop, and jump all over. Feel your heart when you are done. What is it doing?	5 Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball.	6 Make some paper airplanes and work on your overhand throwing skills. Step and throw.
7 Get down on the floor and roll around. Roll in a straight line, roll in a tiny ball, and roll across the room.	8 I spy something red! Run and touch something red. I spy something yellow! Gallop and touch something yellow.	9 Using an empty paper towel roll and a beach ball work on volleying the beach ball so it does not touch the floor.	10 Work on underhand tossing skills by throwing at different sized targets. Make your arm go "tick tock" like a clock.	11 Work those muscles by crawling, bear walking, and crab walking across the room.	12 Time to stretch and reach. Turn your body into different shapes and hold each shape, as you squeeze your muscles.	13 Jump 13 times. Hop 13 times. March 13 steps. Reach up high 13 times.
14 Pretend to be butterflies in a garden. Put your arms out and pretend they are wings. Fly from flower to flower collecting pollen. How many different ways can you fly?	15 <i>Can you move like this?</i> Make up a movement, show it to someone, and ask them if they can give it a try.	16 Find four pillows that are different sizes. Can you balance on each one without falling off?	17 Practice running today. Move your arms forward and backward, keep your head up and shoulders back	18 Practice your ball rolling skills. Set up a target and try to knock it over by rolling a ball on the ground. Use your arm "tick tock" like a clock.	19 Tear newspaper into long strips, crunch them into little balls and throw them into the garbage.	20 Can you do a jumping jack? Give it a try. 
21 Using scarves or socks work on your juggling skills. Start with one and then give two a try.	22 Bears on parade! Pretend to walk like bears by putting your hands on the ground, but keeping your bottom high in the air. Now walk around outside as your growl like grizzly bears! <i>Roar!</i>	23 Play a game of opposites. If you move slow then your partner should move fast; if you move high then your partner should move low.	24 Make an obstacle course outside using things in your home/classroom. Practice moving through it using different ways to move.	25 Running is a great way to make your heart healthy. Try to run for two minutes without stopping.	26 Work on bouncing and catching skills. Drop the ball and catch it after it bounces.	27 Work on your bending, twisting, shaking, reaching, and crunching. Can you think of other ways to move while staying in one spot?
28 Pretend that you have puddles in your house. Leap over them, run around them, jump into them.	29 Time to march! Pretend to have your favorite instrument and march as you play. Can someone guess what instrument you are playing?	30 What was your favorite? Go back and repeat your favorite April activity.				