

November 2022

Secondary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> National Gratitude Month American Diabetes Month Native American Heritage Month 2nd National Stress Awareness Day 13th World Kindness Day 		1 Dia de los Muertos Honor your relatives by taking a mindful minute and think about the things you learn from them. Click the link above to learn more about this tradition.	2 Safe Travel Plan During the holiday season be sure to have a safety plan when traveling. See this video for ideas Tie One On For Safety	3 Nature Walk Go on a nature walk outdoors and set positive affirmations/mantras for the month.	4 Four-Flexibility Complete the following four flexibility exercises for 10-30 seconds each. Repeat four times each: Figure Four, Seated Figure Four, Four-way Neck, and IYTW.	5 National Play Outside Day Get fresh air today and play outside for 30 minutes.
6 Backyard Games Find a backyard game to play such as cornhole, ladder gold, can jam, etc and invite a friend or family member to play	7 National Epilepsy Awareness Month Understanding Seizures during National Epilepsy Awareness Month will help you to know how to what to do in the case that your classmates experience one	8 10 for Tuesday 10X Jumping Jacks 10X Push Ups 10X Curl Ups 10X Supermans 10X Squats (Repeat, 2, or 3 times)	9 American Diabetes Month It is American Diabetes Month use this link to Understand Diabetes and those who live with it in your community	10 Gratitude Message Send messages to people you are grateful to have in your life.	11 Veterans Day Create your own military flexibility routine for the major muscle groups and share it with a Veteran today.	12 Fitness Challenge Try these muscle fitness tests and see if you can complete: 60 squats in 60 seconds, broad jump your height, and one push-up every two seconds for one minute.
13 World Kindness Day Write someone a letter, email or text letting them know how they inspired you	14 Dispositional Mindfulness Pick one of these examples of dispositional mindfulness and practice it today	15 10 for Tuesday 10X Planks 10X Squats 10X Burpees 10X Push Ups 10X Lunges (Repeat, 2, or 3 times)	16 Try Five Try these five mindful exercises	17 Great American Smoke out Great American Smoke out Health Benefits of Quitting Smoking	18 Mental Flexibility Try one of these 10 mental flexibility tips today	19 Workout Buddy Find a workout buddy and see if you can do partner squats, partner push and pulls, and partner sit-ups. Track how many you could do.
20 Reset Sunday Go the whole day without using a phone	21 Visualization Visualize your success today when you exercise. See yourself achieving your goals!	22 Two Tuesday Find a partner and play Copycat with all fitness activities	23 Lung Cancer Awareness Month During Lung Cancer Awareness Month learn some eye opening Lung Cancer Facts	24 National Family Health History Day On Thanksgiving, take some time to Create a Family History Portrait	25 Post-Thanksgiving workout Be active for 30 minutes today and be sure to stretch when you're done	26 Mental Strength Which of these mental strengths do you have? Share your mental strength today
27 Reflection Find a moment of peace and reflect on the month.	28 Gratitude in Your Attitude Put Some Gratitude in Your Attitude. Try one of these 10 tips	29 Giving Tuesday There are multiple ways to give. Use your physical ability to help someone accomplish a strenuous task. Ex: Rake leaves, Move Boxes, Walk a Dog, etc.	30 National Healthy Skin Month Here are some Skin Care Tips for National Healthy Skin Month	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. Yoga Images from www.forteyoga.com		