






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1 Over-And-Under With your back to your partner, stand about a foot apart. One person will start with the medicine ball (or any ball.) Pass the ball to your partner through your legs then extend your arms up to retrieve it.</p>	<p>2 Walking Race Pick a distance and challenge a friend to a speed walking race. Remember these safety tips if participating in Halloween festivities: 1. Don't eat any unwrapped candy 2. Stay with your group 3. Remain on the sidewalks</p>	<p>3 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>4 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>5 High Skips Do five sets of 10 high skips. Really lift those arms and knees!</p>	<p>6 Balloon Tennis Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand</p>	<p>7 Revolved Triangle Pose Hold 30-60 seconds on each side to target hamstrings & shoulders.</p> 	
<p>8 10-10-10 Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.</p>	<p>9 Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>10 Leg Day 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Revolved Triangle Pose for 60s each side</p>	<p>11 Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?</p>	<p>12 Foot Fire In a semi-squat position, tap your feet rapidly for 10sec then jump to the right and repeat, then jump to the left and repeat. Complete 3x for 60 seconds.</p>	<p>13 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>14 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	
<p>15 Walk and Think How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied.</p>	<p>16 Jump Rope See how many times you can jump backwards in a row.</p>	<p>17 Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	<p>18 Side Seated Angle Pose  Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>19 Walk and Think How would you feel if a friend was being bullied? Think about ways you could help a person who is being bullied.</p>	<p>20 Just Dance Put on your favorite song and just dance for the entire song.</p>	<p>21 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	
<p>22 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied</p>	<p>23 Walk and Think Red Ribbon Week is drug prevention week. Take a 10 minute walk, think about reasons why you want to be drug-free. </p>	<p>24 Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>25 Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>26 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>27 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>28 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around</p>	
<p>29 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.</p>	<p>30 Side Seated Angle Pose  Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>31 Attached at the Hip Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> • Health Literacy Month • National Dental Hygiene Month • National Bullying Prevention Month • Red Ribbon Week Oct. 23-31 			<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. Yoga Images from www.fortevoga.com</p>	