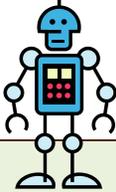


SEPTEMBER

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make paper airplanes and practice throwing them – step and follow through toward the target.</p> 	<p>Shake your body! Take turns leading a fun dance move to your favorite music.</p>	<p>Spread wash cloths around the room and jump from one to another.</p>	<p>Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again.</p>	<p>Pretend to be robots and walk through your house, keeping your body stiff and straight.</p> 	<p>Make a set of shape cards. Pick a shape, find something that is that shape and run as fast as you can to touch it.</p>	<p>Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each spot. Which is the farthest? Which is the closest?</p>
<p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>	<p>Clean Up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, and crab walk the item to a new spot.</p>	<p>Make two sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move - <i>gallop to the get the P or crawl to get the S.</i></p>	<p>Practice walking with style today – walk happy, walk scared, walk angry, walk shy. Think of your own ways.</p>	<p>Use the shape cards from the 6th; put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.</p>	<p>Stretch out on the floor and then curl, bounce, freeze, twist, stretch and bend your entire body.</p>	<p>Walk around the house three times – first fast, second backwards, and third like your favorite animal.</p>
<p>Using your ABC cards, spread out a few letters. This time use rolled up socks to work on underhand tossing to the correct letters.</p>	<p>Go for a walk and look for things that begin with different letters of the alphabet.</p>	<p>Using your entire body, make up a handshake with each person in your family – try to really add a lot of movement.</p>	<p>Collect 10 stuffed animals and put them in a line on one side of the room. How fast can you move one at a time to the other side of the room?</p>	<p>Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.</p>	<p>Sit facing each other and roll a ball back and forth.</p>	<p>Point to something outside, say the object's name, and move to it as fast as you can. When you get there rest and then find something else.</p>
<p>"What am I?" Take turns moving like something as the other person copies and guesses what you are.</p>	<p>Do three with me! Wiggle, reach, and touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.</p>	<p>Move to every room in your home and jump five times. Remember jumping is two feet!</p>	<p>Go for a color nature walk. Can you find fall colors?</p> 	<p>Roll up a bunch of sheets of newspaper. Use plastic bottles as targets. Work on overhand throwing skills.</p>	<p>Build an obstacle course outside – run, jump, crawl, and climb.</p> 	<p>I spy something red! Take turns saying, "I spy something ____" and then together run to that object.</p>
<p>Practice skipping. Step-hop-step-hop.</p>	<p>Practice your kicking skills. Can you kick far and near?</p>	<p>Find a stick and pretend to be in a parade as you move outside.</p> 	<p>Get outside and practice your running. Pump your arms forward and backward. Feel your heart!</p>	<p>Go on a walking nature scavenger hunt, looking for signs of fall.</p>	<p>Yell out a body part and see who can touch that part to the floor the fastest – without falling down.</p>	<p>Go back and do your favorite activity from this month!</p> 