



# February is **PHYSICAL ACTIVITY** Month!

Celebrate by conducting daily & weekly activities with your class & for personal wellness!




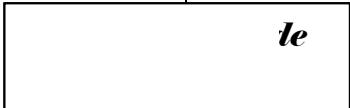





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27			<p><b>Remember to schedule the State mandated minutes of P.E per week.</b></p> <p><b>Elementary: 200 minutes/10 days</b></p> <p><b>Middle School: 400 minutes/10 days</b></p>			

MPLE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
			<p>1 Have students practice jump rope skills at recess.</p> <p>PE</p>	<p>2 </p> <p>PE</p>	<p>3 Put on some music &amp; dance!</p> <p>PE</p>	<p>4 Vacuum your house or wash windows.</p>	
<p>5 </p> <p>PE</p>	<p>6</p>	<p>7 Break up the day by using Energizer activities.</p>	<p>8 </p> <p>PE</p>	<p>9 Play volleyball with a balloon.</p> <p>PE</p>	<p>10 </p> <p>PE</p>	<p>11 Put on some music &amp; dance around the house!</p>	
<p>12 </p> <p>PE</p>	<p>13</p>	<p>14 Have students journal daily physical activities.</p>	<p>15 Take your pulse &amp; graph it.</p> <p>PE</p>	<p>16 Make a trail mix snack.</p> <p>PE</p>	<p>17 Chair Dance</p> <p>PE</p>	<p>18 Volunteer in a community garden or do yard work.</p>	
<p>19 </p> <p>PE</p>	<p>20</p>	<p>21 Read <i>My Dad is a Pretzel</i> to your class.</p> <p>PE</p>	<p>22 Students teach each other yoga postures.</p>	<p>23 Do yoga with partners.</p> <p>PE</p>	<p>24</p> <p>PE</p>	<p>25 Attend a yoga class or practice yoga postures at home.</p>	
<p>26 </p> <p>PE</p>	<p>27</p>	<p>28 Walk around the yard or neighborhood with your students.</p> <p>PE</p>	<p>29 Students record on classroom graph number of laps they walked at recess.</p>	<p><b>Remember to schedule the State mandated minutes of P.E per week.</b></p> <p><b>Elementary: 200 minutes/10 days</b></p> <p><b>Middle School: 400 minutes/10 days</b></p>			