



May 2009

Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>MilkPEP and the NBA teamed up to launch <i>Get Fit By Finals</i>, a new fitness and nutrition education initiative for teens. Visit www.MilkDelivers.org NOW to download a FREE <i>Get Fit</i> activation kit that includes a guide to implementing <i>Get Fit By Finals</i> in your school -- plus fitness and nutrition tips and tools from the NBA. Log on by May 1 and tell us how you're getting your students fit and you could be eligible to WIN A GYM MAKEOVER FOR YOUR SCHOOL! Also, check back to Web site weekly for new NBA player videos you can use in your classroom or gym to help motivate your students to get fit.</p>				<p>1 25 body squats w/ hands behind your head. Now 3 sets of as many push-ups as you can do.</p>	<p>2 4 intervals, 15 min running, walk for 1 min between each interval.</p>
<p>3 Get outside today with the family and go fly a kite!</p>	<p>4 3 sets/15 reps bench press; 3 sets/ 15 reps tricep dips.</p>	<p>5 Jump rope 2 min, fast walking 2 min, 12 minute run; repeat 3X.</p>	<p>6 3 sets/15 reps body squats, then 3 sets/20 reps concentration curls.</p>	<p>7 1 mile fitness run, sprint 50 yds, jog 50 yds- do this for 1 mile. Try again for a second fitness mile.</p>	<p>8 3 sets /to tolerance, sitting overhead press. 3 sets/15 reps lying hamstring curl.</p>	<p>9 4 sets/10 reps lying leg raises; 4 sets/10 reps lifting side plank.</p>
<p>10 Go bowling today with friends or family. No lanes? Make pins from old 2 liter bottles filled w/sand or water.</p>	<p>11 3 sets/12 reps inclined push-ups; 3 sets/15 reps tricep extensions.</p>	<p>12 Yoga plank position- hold and raise each leg one at a time 10X. Repeat 2 more sets. 3 sets/12 reps toes to ceiling on bench.</p>	<p>13 15 squat jumps with a ball extending overhead; 3 sets 15 reps one-arm row to both sides.</p>	<p>14 2 min of ab work- basic crunches, crunches with legs up, twisting crunches. Repeat two more times.</p>	<p>15 3 sets/15 reps stiff-legged dead lift; 3 sets/20 reps standing lateral raise.</p>	<p>16 Speed play today: run, jog, run fast, walk, skip, run for a total of 40 min. Stretch afterward.</p>
<p>17 Find 3 friends, go to the park and play 2 v. 2 volleyball.</p>	<p>18 3 sets/12 reps declined push-ups; 3 sets/12 reps flyes.</p>	<p>19 3 sets/20 reps knee tucks on a bench; 3 sets/15 reps reverse crunch.</p>	<p>20 3 sets/20 reps bicep curl w/resistance; 3 sets/15 reps back extensions.</p>	<p>21 Find a basketball and perform 4 sets of 25 crunches with the basketball held under your chin.</p>	<p>22 Alternating walking lunges- 3 sets/20 reps; 4 sets/8 reps standing shoulder press.</p>	<p>23 Ride a bicycle for one hr-pick a scenic route around town. Wear your helmet! No bike? One hr power walk/jog.</p>
<p>24 Find a tennis court, play tennis for 30 minutes or hit against a wall.</p>	<p>25 3 sets/10 reps wide arm push-ups; jump rope for 2 min in between each set.</p>	<p>26 4 sets/10 reps twisting bench crunch; 10 min power walk in between each set.</p>	<p>27 3 sets/15 reps superman; 3 sets/20 reps alternating bicep curls.</p>	<p>28 How about some 3 on 3 basketball today?</p>	<p>29 3 sets/20 reps calf raises off a step; 3 sets/ 15 reps seated overhead press.</p>	<p>30 3 sets/15 reps single leg lift; 10 min. jog in between sets.</p>



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Ten At A Time Physical Activity Calendar

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Need help remembering exercises? Go to http://www.shapefit.com/training.html#8 for demos of exercises.	<i>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.</i>			Each day lists one exercise that can be executed "10 at a time". Keep track of each set of 10 reps you accomplish throughout the day, or for cardio, ten minutes of the activity.	1 Squats w/ hands behind your head.	2 Power-walk 10 min.
3 Tricep dips.	4 Bench press. 	5 Jump rope.	6 Concentration curls. 	7 Lying hamstring curl.	8 Sitting overhead press.	9 Lying leg raise.
10 Lifting side plank. 	11 Inclined push-ups.	12 Yoga plank position. 	13 One-arm row to both sides.	14 Twisting crunches.	15 Stiff-legged dead lift.	16 Jump rope 10 min.
17 Tricep extensions.	18 Declined push-ups.	19 Knee tucks on a bench.	20 Bicep curl w/resistance.	21 Crunches with a basketball held under your chin.	22 Alternating walking lunges.	23 10 min power walk/jog.
24 Toes to ceiling on bench.	25 Wide arm push-ups.	26 Twisting bench crunch.	27 Superman.	28 Standing shoulder press.	29 Calf raises off a step.	30 Single leg lift.