

# JUNE PHYSICAL ACTIVITY CALENDAR

# GET ACTIVE



Follow the daily healthy activities below to help give your class a boost of energy. **Students aged 5-17 require 60 minutes of physical activity per day** to support a healthy body and mind. Get active today!

1  
**Changing Seats**  
(Cooperative Games)

2  
**Hoola Hoop**



3

4

5  
**Balance and Go**



6  
**Reaction**

7  
**Walking Wednesdays**

Walk your school track, yard, or check out a new trail.



8  
**Rock, Paper, Scissors, Squat**

9  
**Grab the Treasures**



10

11

12  
**Funny Bone**

13  
**Freeze Tag**



14  
**Walking Wednesdays**  
Walk your school track, yard, or check out a new trail.

15  
**Higher or Lower**

16  
**Move Like the Animals**



17

18

19  
**Move and Freeze**



20  
**Squat your Words**

21  
**Walking Wednesdays**  
Walk your school track, yard, or check out a new trail.

22  
**Hot or Cold Number**



23  
**Wiggly Bodies**

24



25



26  
**Pass-On**

27  
**Fast Pass**



28  
**Walking Wednesdays**  
Walk your school track, yard, or check out a new trail.

29

30



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## Activity Descriptions

Click on the titles in the table of contents to find descriptions of the activities/games included in the calendar. Many of the activities/games have been adapted from Ophea Brain Blitz and The One a Day for Active Play cards.

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## Activity Descriptions

Activity	Equipment	Set-Up	Activity
A. Changing Seats	1 chair or mat per participant	<ul style="list-style-type: none"> <li>Participants sit on their chair or mat in a circle formation.</li> </ul>	<ul style="list-style-type: none"> <li>Call out "Change right!" or "Change left!" Participants stand and move seats accordingly.</li> <li>Call out "Scramble!" and participants must find a new seat across the circle.</li> </ul>
B. Balance and Go	None	<ul style="list-style-type: none"> <li>Participants stand a safe distance apart from each other in the activity area.</li> </ul>	<ul style="list-style-type: none"> <li>Pick one participant to be the "leader".</li> <li>While the other participants walk around the activity area, the leader calls out either "balance" or "go".</li> <li>When participants hear "balance", they perform a balance of their choice. Encourage participants to hold a different balance each time using different heights and body parts (e.g., on one foot, side plank, warrior pose, etc.).</li> <li>When participants hear "go", they return to moving throughout the activity area. Encourage participants to gradually increase the intensity of their movement (e.g., walk, hop, skip, gallop, run).</li> </ul>

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C. Reaction	Pylons/Cones	<ul style="list-style-type: none"> <li>• Divide participants into 4-6 equal teams.</li> <li>• Teams stand a safe distance apart from each other around the perimeter of the activity area, setting up three pylons in their area.</li> </ul>	<ul style="list-style-type: none"> <li>• Call out different physical activities, such as squats, calf raises, jumping jacks, alternating lunges, or high knees.</li> <li>• All teams run to the middle of the activity area and complete the actions.</li> <li>• Participants then run back to their pylons. The first team to have all members touch one of their pylons earns a point.</li> </ul>
D. Rock, Paper, Scissors, Squat	Music (optional)	<ul style="list-style-type: none"> <li>• Divide participants into pairs.</li> </ul> <p>Partners face each other and stand a safe distance apart from other pairs in the activity area.</p>	<ul style="list-style-type: none"> <li>• At your signal, participants jump on the spot twice, and on the third count, perform one of the following rock-paper-scissor shapes:             <ul style="list-style-type: none"> <li>○ Rock: crouch in a ball.</li> <li>○ Paper: stretch arms and legs out wide.</li> <li>○ Scissors: stand in a forward lunge with arms reaching in front of the body.</li> </ul> </li> <li>• Following each round of rock, paper, scissors, participants perform five of an on-the-spot physical activity:             <ul style="list-style-type: none"> <li>○ Winner: squats</li> <li>○ Loser: pogo hops</li> <li>○ Tie: jump and twist</li> </ul> </li> </ul>
E. Grab the Treasure	1 object (e.g., rubber chicken, plush toy, etc.) per pair	<ul style="list-style-type: none"> <li>• Divide participants into pairs.</li> <li>• Partners face each other and stand a safe distance apart from other pairs in the activity area.</li> <li>• Place an object (the "treasure") on the floor/ground between each pair.</li> </ul>	<ul style="list-style-type: none"> <li>• Call out various physical activities to perform, such as squats, jumping jacks, alternating lunges, push-ups, high knees, etc.</li> <li>• Shouts "Treasure!" and participants try to take the object before their partner does.</li> <li>• Caution participants to be aware of their partner when bending to grab the treasure to avoid bumping heads.</li> </ul>

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<p>F. Funny Bone</p>	<p>Music (optional)</p>	<ul style="list-style-type: none"> <li>• Participants stand a safe distance apart from each other in the activity area.</li> </ul>	<ul style="list-style-type: none"> <li>• Participants move using a locomotion (walk, gallop, jump, hop, etc.) quickly around the activity area.</li> <li>• At your signal, participants freeze and listen for a command. Call out a body part and a number, such as "knees three". In response, participants form groups of three and connect knees.</li> <li>• At your next signal, participants move until the signal to stop is given and a different command is called, such as feet six, hands five, elbows four, etc. If there is an extra person, that person can join any group as a bonus.</li> <li>• Ask participants to travel in different ways around the activity area after each new command (galloping, hopping, skipping, giant steps, on tiptoes, sideways, etc.).</li> </ul>
<p>G. Higher or Lower</p>	<p>Paper Pencil</p>	<ul style="list-style-type: none"> <li>• Participants stand a safe distance apart from each other in the activity area.</li> <li>• Choose one participant to be the guesser.</li> </ul>	<ul style="list-style-type: none"> <li>• Write down a number and share it with the group (but hide it from the guesser).</li> <li>• Give the guesser a number range to guess within, such as 1 to 25.</li> <li>• If their guess is higher than the number written down, the other participants perform squats and repeat the word "lower". If their guess is lower, the other participants perform "raise the roofs" and repeat the word "higher".</li> <li>• The process continues until the correct number is guessed.</li> </ul>

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<p>H. Move and Freeze</p>	<p>Music (optional)</p>	<ul style="list-style-type: none"> <li>• Participants stand a safe distance apart from each other in the activity area.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose two or three participants to begin moving around the activity area while other participants freeze in a static position.</li> <li>• Encourage participants who are moving to use different pathways and types of locomotion (skip, gallop, slide, march, crouch, stretch, move backward) to move around the static participants.</li> <li>• Moving participants stop and freeze at random intervals.</li> <li>• When frozen participants see another participant freeze, they begin moving for a random amount of time, then freeze in a different static position.</li> </ul>
<p>I. Squat your Words</p>	<p>None</p>	<ul style="list-style-type: none"> <li>• Participants stand a safe distance apart from each other in the activity area.</li> </ul>	<ul style="list-style-type: none"> <li>• Practice spelling. Have the students do a squat for every vowel in the words they spell.</li> </ul>

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<p><b>J. Hot or Cold Number</b></p>	<p>Large piece of paper or chalkboard Marker or chalk</p>	<ul style="list-style-type: none"> <li>• Participants stand a safe distance apart from each other in the activity area. Choose one participant to stand at the front of the activity area facing the group.</li> <li>• Stand behind the participant and write a number on the piece of paper or board.</li> <li>• All participants can see this number except for the participant standing at the front.</li> </ul>	<ul style="list-style-type: none"> <li>• At your signal, the participant at the front of the room tries to guess the number. Their guesses determine how the group moves and how quickly.</li> <li>• For example, if the number is 46, and the participant guesses 12, the group starts jumping to show that the number on the board is higher than the guess. If the next guess is 38, the group jumps much more quickly to show that the participant's guess is closer to the number. If the participant guesses 57 to start off, the group twists down low to show that the real number is lower than the one guessed.</li> <li>• Continue until the participant guesses the correct number.</li> <li>• Repeat the game with a new number and participant at the front of the room.</li> </ul>
<p><b>K. Wiggly Bodies</b></p>	<p>Music of varying tempos and genres</p>	<ul style="list-style-type: none"> <li>• Participants stand a safe distance apart from each other in the activity area.</li> </ul>	<ul style="list-style-type: none"> <li>• Call out a body part, such as head, elbow, knee, arm, etc.</li> <li>• When the music starts, participants move the chosen body part to the beat of the music.</li> <li>• With each new body part chosen, explore different themes, such as pathways, levels, speed, and direction.</li> </ul>

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<p>L. Pass-On</p>	<p>1 ball or small object (e.g., bean bag, plush toy, rubber chicken)</p> <p>Music of varying tempos and genres</p>	<ul style="list-style-type: none"> <li>Participants stand in a circle in the activity area.</li> </ul>	<ul style="list-style-type: none"> <li>When the music begins, participants sidestep to the left to the beat of the music while they pass the ball or object around the circle to the right.</li> <li>When the music stops, the participant holding the ball or object leads the group in a dance movement of their choice for eight counts.</li> <li>The music continues and participants return to sidestepping and passing the ball or object around the circle until the music stops again.</li> </ul>
<p>M. Fast Pass</p>	<p>1 ball Timer</p>	<p>Participants stand a safe distance apart from each other in the activity area and form a circle.</p>	<p><b>Round 1</b></p> <ul style="list-style-type: none"> <li>Call out the name of a participant and then pass the ball to them.</li> <li>The participant with the ball calls out the name of a new participant and then sends the ball to them.</li> <li>The activity continues until everyone has received the ball. The last participant to receive the ball sends it back to the activity leader.</li> </ul> <p><b>Round 2</b></p> <ul style="list-style-type: none"> <li>Start the timer. Participants try to replicate the pattern that was completed in Round 1 by calling and sending the ball to the same participants in the same order as quickly as possible.</li> <li>The activity continues as participants attempt to beat their original time without any errors.</li> </ul>



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<p>N. Move Like the Animals</p>	<p>Music (optional)</p>	<ul style="list-style-type: none"> <li>• Participants stand a safe distance apart from each other in the activity area.</li> </ul>	<ul style="list-style-type: none"> <li>• At your signal, participants warm up by moving like a variety of animals around the activity area. Remind the participants to move in their own space. Ask participants a series of questions and ask them to demonstrate their answers.</li> <li>• Questions can include "Who can..."             <ul style="list-style-type: none"> <li>○ Move like a fish? A snake? An octopus? A spider?</li> <li>○ Make up an animal that moves at a low level? What animal are you demonstrating?</li> <li>○ Move like a cat? A dog? A pony? A crab? Can the animal you're demonstrating move forward, side-to-side?</li> </ul> </li> <li>• Participants can prompt the group to try a variety of animal moves by making additional suggestions.</li> </ul>
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