### December 2021
### Secondary Health & Physical Education Calendar

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<th>Sunday</th>
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| **National Health Observances:**  
- Safe Toys and Gifts Month  
Yoga Images from [www.forteyoga.com](http://www.forteyoga.com) | 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. | **1** Hopscotch  
Hopscotch your way down the hallway, around the house or yard. Create your own patterns. | **2** Yoga!  
Find a 10-minute yoga video and take a yoga break today. | **3** Pay It Forward!  
Find a way to help someone with something today. | **4** Just Dance!  
Look up a Just Dance Game video and follow along for some fun! |
| **5** Take a Deep Breath.  
For a quick pick-me-up, simply take five deep breaths. Slowly inhale for at least 5 seconds and exhale for 10 seconds each time. Your body will thank you for the extra oxygen. | **6** Interval Training  
Jog for 2 minutes  
Walk for 1 minute  
Run for 1 minute  
Walk for 1 minute  
Repeat 5 times. Be sure to cool down and stretch! | **7** Food Group Challenge  
See if you can eat a food from each food group today. | **8** Create a House Basketball Game!  
Take a balled-up pair of socks and use any item as your hoop (box, basket or chair). It’s holiday season! | **9** Encourage Someone  
Isn’t it interesting how you always seem to feel better after helping someone else feel better? Call a friend or write a few kind words in a card or even a text. | **10** Relax!  
Try a relaxation exercise that focuses on breathing. Find a comfortable position. Breathe in deep for 3 counts, hold for 3 counts, then exhale deeply for 3 counts. |
| **11** Arms Day  
20 triceps dips off chair  
15 push-ups  
10 wide-arm push-ups  
5 diamond push-ups  
If you have any bands, add in some arm moves. | **12** Pilates  
Find a 10-minute Pilates video and take a Pilates break today. | **13** Cook a Favorite Recipe!  
Whether it is a favorite food or baking some cookies, find some time to make a favorite holiday recipe. | **14** Interval Training  
Jog for 2 minutes  
Walk for 1 minute  
Run for 1 minute  
Walk for 1 minute  
Repeat 5 times. Be sure to cool down and stretch! | **15** Watch a Holiday movie with the family! Do a yoga stretch or exercise during commercials (squats, crunches, jumping jacks, push-ups, etc.). | **16** Revolved Triangle Pose  
Hold 30-60 seconds on each side to target hamstrings & shoulders. | **17** Learn a Line Dance  
Research out a new line dance to learn and teach to others! |
| **18** Holiday Karaoke  
Put on some favorite holiday tunes, grab a spoon microphone from the kitchen and enjoy a karaoke song and dance with family or friends. | **19** Stress  
Did you know that drinking, smoking, and drug abuse are unproductive ways of relieving stress? Discuss with a friend better ways to relieve stress. | **20** Legs Day  
10 Air Squats  
10 Walking Lunges  
10 Side Lunges  
10 Bulgarian Split Squats off a bench or chair.  
Repeat 4 times. Be sure to stretch after. | **21** 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? | **22** Jump Jump  
Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice. | **23** Crane Pose  
Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. | **24** Food Log  
What are you eating? Track your eating habits to help change any negative eating habits. |
| **25** Cupid Shuffle or Cha Cha Slide  
Find one of these songs that tells you how to dance and enjoy it with a family member | **26** How Fast Can You Go?  
Pick a distance and see how fast you can run the distance.  
Kwanzaa begins | **27** Frisbee  
Frisbee is a quick and easy way to move with a friend. How many times can you throw it back and forth without dropping it, and make it move more of a workout by asking them to make you run for it. | **28** Self-Monitoring for Healthy Living  
Keep track of your habits (eating, drinking, physical activity or watching TV) using a log/journal. Reflect on your behaviors and set goals. | **29** Give Yourself a Time-Out  
Do a 1-minute meditation. It can be as easy as closing your eyes and breathing deeply. | **30** Cardioblast (12 reps)  
Jumping jacks  
Burpees  
Mountain Climbers  
Jump squats  
Skaters  
-Add five more to the list | **31** Dance Party!  
It’ll only take about eight songs for you to get your 30 minutes! Pick your favorites and get moving. |

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