

be active montgomery!

July 2013 Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	1 Inchworms: Keep legs straight and place arms on ground. Walk them into push-up position & walk your legs up.	2 Juggling: Practice juggling with socks or soft balls. Use at least two. Can you juggle three?	3 Human Arch: Lie on your back: place hands & feet on the ground. Push your stomach up to the sky.	4 Gather a group of friends and play your favorite tag game before the fireworks.	5 Grab a ball and play soccer 1 v. 1, 2 v. 2 or more!	6 Wake up the family early and go for a hike in the nearest park.		
7 Gather your neighborhood friends and play a game of football.	8 Jump Rope: Jump rope for at least one minute as fast as you can. Take a break.. Do it again.	9 Go for a ten minute jog at a fast speed/pace.	10 Go for a bike ride with friends.	11 Jumping Jacks: Try and complete 10 sets of 10 jumping jacks.	12 Walking knee hugs: walk forward and alternate hugging each knee each step.	13 Skate jumps: Jump side to side from one foot to the other being sure to land on the balls of your feet.		
14 Have a curl-up competition with the family.	15 Mummy kicks: scissor kick your legs straight in front of you while scissoring your arms side to side in front of you.	16 Push-ups: Get your friends together and see how many push-ups you can do.	17 Find a large hill and run up it as fast as you can 10 times today.	18 Go for a jog and do 10 pushups and 10 crunches every 2 minutes.	19 Wall sits: Sit with your back against a wall and legs at a 90 degree angle. Hold for 1 minute and repeat 10 times.	20 Find your friends and play freeze tag.		
21 Take the family to local school bleachers. Run up and down them 10 times.	22 Walking Toe Touches: Walk forward and kick with each stride foot up to chin level and touch your toes with opp. hand	23 Ride your skateboard, scooter, or bike with friends.	24 Go to the closest park and swing, run, and jump.	25 Rock Paper Scissors Tag: Meet in the middle, shoot, winner chases loser back to safe zone.	26 Soccer Juggle: See how many times you can juggle the ball with your knees.	27 See how many times you can run around your block or house without stopping.		
28 Go for a jog around the neighborhood and clean up trash.	29 Make-up a dance today and teach it to a friend.	30 Free play at a local park for an hour	31 Clap and catch: throw a soft object up in the air. See how many times you can clap before you catch it.			 1, 2, 3, 4...		
				Montgomery County Public Schools	 United Way of the National Capital Area UnitedWayNCA.org	 MARYLAND SOCCER FOUNDATION	 Tennis is Everyone!	The Gazette

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				1 Set up some targets and try to hit them with a ball.	2 Balloon Dancing: Stand back to back with a partner, put music on and dance without dropping the balloon.	3 Scavenger Hunt: Split into two teams. Make a list of 20 things and race to see who can gather them first.
4 Gather friends in your neighborhood and play hide and go seek!	5 Find a line on a sidewalk and jump back and forth over it. Then jump side to side.	6 Make up a tag game with friends and play it.	7 Create a game making rules that include 3 steps, 3 passes, and 3 seconds to have a ball.	8 Shoot some hoops with a friend. How many baskets can you make?	9 Create a dance to your favorite music and teach it to a friend.	10 See how fast you can run one mile. Have a family member time you.
11 Go to a local school park and have free play for at least an hour.	12 Play Frisbee with a friend.	13 Set up some targets and try and hit them with a ball.	14 Bicycle with friends.	15 Play HORSE: shoot and miss, then you get a letter.	16 Hold a pose for one minute. Make up different poses with friends.	17 Go outside with your friends and play your favorite game for an hour.
18 Play soccer with friends. Make your own goal with sticks or other objects.	19 Find your local swimming pool and go with friends.	20 Locomotor game: Make a game where you walk, jog, hop, skip, and move in different ways.	21 Animal fun: Pretend you are your favorite animal and move in that way. Create and share moves with a friend.	22 Bicycles: Lie on your back and move your legs like you are riding a bicycle.	23 Make a paper airplane and see how far you can make it go.	24 MCPS Back-to-School Fair 850 Hungerford Drive, Rockville, MD. 11:00 a.m.-2:00p.m.
25 Pick your favorite physical activity to do today with friends and family.	26 First Day of School for Students.	27	28	29	30	31



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