

October 2025

Secondary Health & Physical Education Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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. Each week suggest physical activities that align with the SHAPE America National Physical Education Standards.						
			Over-And-Under 1 With your back to your partner, stand about a foot apart. One person will start with the medicine ball (or any ball.) Pass the ball to your partner through your legs then extend your arms up to retrieve it.	Walking Race 2 Pick a distance and challenge a friend to a speed walking race. No running!	Crazy 8's 3 • 8 jumping jacks • 8 leaps • 8 frog jumps • 8 vertical jumps (as high as you can) Repeat 3 times.	Do this: 4 • Hop on one leg 30 times, switch legs • Take 10 giant steps • Walk on your knees • Do a silly dance • Sprint for 10 seconds
High Skips 5 Do five sets of 10 high skips. Really lift those arms and knees!	Balloon Tennis 6 Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand.	Revolved Triangle Pose 7 Hold for 30-60 seconds on each side to target hamstrings and shoulders. 	10-10-10 8 Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.	Rise and Squat 9 When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.	Leg Day 10 • 20 forward lunges (each leg) • 40 squats • 40 calf raises • 1 minute wall sit • Revolved Triangle Pose for 60s each side	Single Leg Jump Rope 11 Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?
Triceps Dips on the 10's Challenge 12 On the 10th of the hour stop what you're doing and do triceps dips using your chair.	Between the Knees 13 Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	Upward Crescent Moon Pose 14 This pose targets the lower back and shoulders. Hold for 30-60s, release and repeat. 	walk and think 15 How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied.	Jump Rope 16 See how many times you can jump backwards in a row.	Planks with Push-Ups 17 Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.	Side Seated Angle Pose 18 Hold for 30-60s on each side to target the hamstrings and calves. 
Stairs 19 Jog up and down a flight of stairs. Try to skip a step for an extra challenge.	Just Dance 20 Put on your favorite song and just dance for the entire song.	Walk and Talk 21 Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.	Cardio and Stretch 22 Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.	Line Jumps 23 Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.	Yoga Combo 24 Try all of the poses from this month back-to-back. End with Savasana from last month.	Core Challenge 25 • Plank 10 seconds • 10 crunches • 10 sit ups Repeat 5 times with no rest!
Skaters 26 Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.	Catch with a Catch 27 Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around	Crazy 8's 28 • 8 jumping jacks • 8 leaps • 8 frog jumps • 8 vertical jumps (as high as you can) Repeat 3 times.	Cardio and Stretch 29 Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.	Side Seated Angle Pose 30 Hold for 30-60s on each side to target the hamstrings and calves. 	Attached at the Hip 31 Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.	

National Health Observances:

- Health Literacy Month
- Dental Health Month
- National Bullying Prevention Month