

Student Name _____ Teacher _____

June 2012

Berry and Rockwell Activity Calendar

Circle the activities you complete and draw pictures of your favorites.

Return to Mr. Cohen or Mrs. Janofsky the 1st week of school.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20		22 			15 Play balloon volleyball over a chair with a friend.	16  Do some sit ups outside on the grass. Try to do 3 sets of 10.
17	18 Find some stairs-run up and down the stairs ten times today	19 Do some pushups. Can you do 3 sets of 10? 	20 List all the active words you know - do the activities ten times each today.	21 List all the different things you can do with a ball and practice them	22 Play balloon volleyball over a chair with a friend.	23  Do some sit ups outside on the grass. Try to do 3 sets of 10.
24 Go to your local park and play on the playground equipment.	25 Practice throwing and catching a Frisbee with a family member.	26 Go for a walk with your family or friends.	27 Do some body folds. Can you do 3 sets of 5? 	28 Practice skipping. Skip everywhere the entire day.	29 List all the different things you can do with a ball and practice them	30 Do some pushups. Can you do 3 sets of 10?

Tell us about any additional activities you did this summer.

July 2012

Berry and Rockwell Activity Calendar

Circle the activities you complete and draw pictures of your favorites.

Return to Mr. Cohen or Mrs. Janofsky the 1st week of school.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Practice throwing and catching. Use a very big ball and then try a very small ball. Which is easier?	2 Dribble a soccer ball around your house 20 times. Use both feet, not your toes!	2 Play tennis at the Bethel High tennis courts!	4 Walk around your house one time, very fast. Count how many steps it takes to get around	5 Practice throwing and catching today with a family member.	6 Run around the house one lap. Now skip around the house one time. Try jumping around the house.	7 Try bouncing and catching a ball 100 times. Now dribble it with one hand –switch hands 100 more times.
8 Put on your favorite music and dance, dance, dance!	9 Go out for a nature hike with an adult and look for wild flowers. 	10 Play catch with your best friend- try to catch 100 times.	11 Practice jump roping today. How many can you do without stopping?	12 Find a step- jump up and down off the step 50 times. Now step up and down sideways 50 more times? 	13 Bounce a tennis ball in front of you and catch it with the opposite hand. Now try the other hand. Did you do 100?	14 Play Frisbee with a friend-try to catch it 100 times without dropping it.
15 Go swimming! 	16 Target practice outside- put down some hoops or boxes and practice throwing at your targets.	17 Hitting practice- have a family member pitch some soft ball to you while you practice batting.	18 Get a hula hoop and try to turn it around your body for two minutes without stopping.	19 Do 25 sit ups without stopping 	20 Help your family clean the house or the yard	21 Play basketball with some friends. Shoot, run dribble and score as many baskets as you can.
22 Do 3 sets of 10 pushups.	23 Go to the Berry or Rockwell playground with your family for 1 hour.	24 Play kick ball with all of your friends.	25 Run outside today- go fast, slow and medium speeds. Try zig zag and straight pathways.	26 Go for a family walk around your neighborhood or at the Bethel Track	27 Try to hop, jump, skip, gallop and run for 30 minutes without stopping.	28 Make up a dance to any music you like. 
29 Race a friend outside. Make an obstacle course.	30 Go for a bike ride with your family and/or friends.	31 Try to jump rope 300 times. Make up different ways to jump.				

August 2012

Berry and Rockwell Activity Calendar

Circle the activities you complete and draw pictures of your favorites.

Return to Mr. Cohen or Mrs. Janofsky the 1st week of school.

Sunday/July	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice passing a ball to a friend for 50 passes. Can you catch every pass?	2 Do 10 sit ups. This group of exercises is called a set. Do 5 sets of crunches today.	3 Dribble a ball 25 times today. Practice this a few times, using your left hand, and then your right hand.	4 Practice running across the playground as fast as you can.
5 Do 3 sets of 10 pushups.	6 Practice throwing and catching a Frisbee with a family member.	7 Play kick ball with all of your friends.	8 Go for a family walk around your neighborhood or at the Bethel Track	9 Ride your bike for 40 minutes.	1 Dribble a ball with your feet for 10 continuous minutes.	11 Jump rope today. Count to 100 jumps and rest. Can you do 200 or 300 jump? WOW!
12 Practice striking a ball with a bat today. Play with a friend and take turns.	13 Practice throwing a Frisbee at targets outside. Use baskets, chairs, or trees as your targets.	14 Can you dribble with your feet? Try dribbling a soccer ball around the yard keeping control of the ball.	15 Blow up a balloon. Bounce the balloon off 5 different body parts. 	16 Find a big target and throw as hard as you can at it. Step with your opposite foot.	17 Rainbow game-play with a friend. Name a color, both of you run and touch 3 things of that color. Run fast	18 Play opposite-run fast, run slow, skip high, skip low, march soft, march hard.
19 Play catch with a friend – eyes on the ball reach, and pull it in to catch it. Can you catch 100 times?	20 Play statue, Hold a position for 10 seconds, and then try another pose.	2 Practice volleying with a friend-use a racquet or paddle. No paddle? Use a Frisbee or beach ball.	22 Race your friend today. Make up a track to run on.	23 Set up bowling on your sidewalk or deck using empty water bottles filled with sand or water.	24 Jump Rope today. 300 times? 	25 Go on a neighborhood hike today with friends or your family.
26 Practice skipping. Skip everywhere the entire day.	27 Jog around the playground, and dribble a ball as you go.	28 Shoot some hoops with a friend. How many baskets can you make out of 50?	29 Back to School!	30 Return to: Mr. Cohen or Mrs. Janofsky	31 Don't Forget your pictures or drawings!	