

Get Moving Today Calendar Parent In-Kind Activity

August 2020

Child's Name: _____

Teacher: _____ Staff Signature _____


Parent Signature: _____ Print Name: _____

How can you support your child in achieving 60 minutes of accumulated Moderate to Vigorous Physical Activity (MVPA) every day? "Give Yourself 10!" Build in 10 minute bursts of physical activities that "take it up a notch". The calendar on the back of this sheet includes lots of great examples of ways to increase your family's movement. Other ways include running, jumping, dancing, biking, or any activity that increases your heart rate and makes you out of breath some of the time.

Moderate intensity- when your are working hard enough to raise your heart rate but can still talk but not sing words to a song

Vigorous intensity- when you are breathing hard and aren't able to say more than a few words with out pausing for breath.

Please note how much time you spend with your child working on Moderate to Vigorous Physical Activity each day..... 5 minutes, 10 minutes, 15 minutes, etc. to support our I Am Moving I Am Learning Curriculum

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK FIVE	Monday	Tuesday				

This goal is also supported by:

- The program curriculum objectives 4,5 & 6: demonstrating traveling, balancing, and gross motor manipulative skills
- The Head Start Child Development and Early Learning Framework: Physical Development & Health Domain (health status, health knowledge & practice, gross motor skills)
- Head Start Childhood Obesity Initiative, of which I Am Moving I am Learning is a part.

Get Moving Today Calendar Parent In-Kind Activity

Child's Name: _____

September 2020

Teacher: _____ Staff Signature _____


Parent Signature: _____ Print Name: _____

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WEEK ONE		Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK FIVE	Monday	Tuesday	Wednesday			

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Child's Name: _____

October 2020

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Parent Signature: _____ Print Name: _____

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WEEK ONE



Thursday	Friday	Weekend
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WEEK TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK FOUR

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK FIVE

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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Child's Name: _____

November 2020

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Parent Signature: _____ Print Name: _____

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WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK FIVE	Monday	Tuesday				

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December 2020

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Parent Signature: _____ Print Name: _____

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WEEK FIVE	Monday	Tuesday	Wednesday	Thursday		

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January 2021

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WEEK ONE



Friday	Weekend
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WEEK TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK FOUR

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK FIVE

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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February 2021

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WEEK FIVE	Monday					

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March 2021

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Parent Signature: _____ Print Name: _____

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WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
WEEK FIVE	Monday	Tuesday	Wednesday			

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Child's Name: _____

April 2021

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Parent Signature: _____ Print Name: _____

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WEEK ONE



Thursday	Friday	Weekend
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WEEK TWO

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK THREE

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK FOUR

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
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WEEK FIVE

Monday	Tuesday	Wednesday	Thursday	Friday
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Child's Name: _____

May 2021

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Parent Signature: _____ Print Name: _____

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WEEK ONE



Weekend

WEEK TWO

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

WEEK THREE

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

WEEK FOUR

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

WEEK FIVE

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

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