



THEME: Offense and Defense
QUOTE - "Will is a skill!"

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Play a game where you balance on one foot and make different movements. See if a partner can copy you for 1 minute.	2 Place a penny on the floor between you and a partner. Try to move the penny back and forth by bouncing a ball on the penny.	
	5 Toss 3 rolled up socks in the air. Catch a different one each time. Have a partner call out which one to catch.	6 During a commercial, see who can stand on one foot the longest.	7 Dribble a basketball outdoors for 1 minute. Have a partner try to steal it from you. Reverse roles.	8 Using a basketball hoop and a ball or a laundry basket and socks, see how many consecutive baskets you can make.	9 Try to beat your basketball record for consecutive shots made from yesterday.	
	12 In an open space practice shuffling to your left and your right. No crossing your feet!	13 Wall sits - Put your back against a wall and pretend you are sitting on a chair. How long can you hold that pose?	14 During a commercial, see who can raise their legs and arms in the air the longest.	15 Organize a family tag game.	16 Go for a walk or jog for at least 5 minutes.	
	19 Can you and a partner bump a balloon 20 times in a row back and forth? Use your forearms.	20 During a commercial, see who can stand in a T position the longest.	21 Support the weight of your body on 3 different body parts for 5 seconds.	22 Help prepare a side dish for dinner & take a 30 minute walk. Happy Thanksgiving!!	23 Go for a walk or a jog for 30 minutes.	
	26 Have a wall sit competition against a friend or family member.	27 How many squats can you do during a commercial break.	28 See how many times in a row you and a partner can catch a pair of rolled up socks.	29 Practice toe taps on a soccer ball or basketball. How many can you do in 1 minute?	30 Try to "bump" a balloon in the air 20 times using only your 2 forearms.	