

# Health & Fitness Calendar ~ May 2021

	SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Directions:</b> Perform the activity listed for each day.</p> <p>Parents/Guardians initial each completed activity.</p> <p>The entire family may participate!</p> <p>At the end of the month, please return your calendar to your teacher.</p> <p>Fill in your class information.</p> <p><b>Parent/Guardian Signature:</b></p> <p><b>Student Signature:</b></p> <p><b>Teacher Name, Grade, Room #:</b></p>							<p><b>1</b></p> <p>Reverse Tag ▼ All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes</p>
	<p><b>2</b></p> <p>Every family member chooses 1 activity; do each together.</p>	<p><b>3</b></p> <p>Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p><b>4</b></p> <p>Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket</p>	<p><b>5</b></p> <p>Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot.</p>	<p><b>6</b></p> <p>Roll socks in ball, put them on beach towel, hold 1 end of towel &amp; fling socks into air &amp; catch.</p>	<p><b>7</b></p> <p>Do bent knee bounces do step touches 4 walk to the right &amp; clap 4 walk to the left clap 8 jumps Repeat.</p>	<p><b>8</b></p> <p>Go for a 30 minute walk with your family.</p> 
	<p><b>9</b></p> <p>Make an obstacle course at the park, and time each other through it.</p>	<p><b>10</b></p> <p>Find a bunch of pillows, set up an obstacle course. Use the pillows as rocks to step on as you cross the river.</p>	<p><b>11</b></p> <p>Run in place for 1 song. Feel your heart when the song is over.</p>	<p><b>12</b></p> <p>Draw different kinds of lines on ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p><b>13</b></p> <p>10 side kicks 10 front kicks 10 back kicks Be sure to do 10 on each side!</p>	<p><b>14</b></p> <p>10 Fly Jacks ▼ Done like a normal jumping jack except bring your arms to the side to form a T. Open &amp; close your arms</p>	<p><b>15</b></p> <p>I, Spy Walk Go for a walk with your family while playing a game of I, Spy.</p>
	<p><b>16</b></p> <p>You &amp; family are in a parade. Each pretends to play a different instrument - march around home.</p>	<p><b>17</b></p> <p>10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p><b>18</b></p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>19</b></p> <p>Pop on one leg 50 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10</p>	<p><b>20</b></p> <p>Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?</p>	<p><b>21</b></p> <p>How Fast Can You Go? ▼ Pick a distance and see how fast you can run the distance.</p>	<p><b>22</b></p> <p>Walk and Talk Walk with adult Talk about what to do if you are bullied or see someone being bullied.</p>
	<p><b>23</b></p> <p>Walk around your block with an adult.</p>	<p><b>24</b></p> <p>Power jumps—squat like a frog and explode straight up for 1 minute. Repeat 3x.</p>	<p><b>25</b></p> <p>Play Balloon VB with a friend for 15 minutes.</p> 	<p><b>26</b></p> <p>Boxer Shuffle 10 seconds 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat ▼</p>	<p><b>27</b></p> <p>Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day. ♥</p>	<p><b>28</b></p> <p>10 High Knee Twists ▼ Bring your knee to your opposite elbow and switch. For a challenge add a hop when</p>	<p><b>29</b></p> <p>Jumping Bears ▼ Be creative and see how many different ways you can jump rope. Teach a friend.</p>
	<p><b>30</b></p> <p>Throw a ball with family member(s) for at least 15 minutes.</p>	<p><b>31</b></p> <p>Try a Bell Jump! To do so, jump forward and backward while keeping your feet together. Can you do 5 in a row? 10?</p>	<b>NOTES</b>				