

May 2020	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Health & Fitness Calendar</u></p> <p>Directions:</p> <p>Perform the activity listed for each day.</p> <p>The entire family may participate!</p> <p><u>Parents/Guardians initial each completed activity.</u></p> <p>At the end of the month, please return your calendar to Ms. Duell.</p> <p>Student & Parent/Guardian signatures.</p> <p>Fill in your class information.</p>						<p>1 Practice galloping Use your hands to do other things at same time, ie waving, clapping, or snapping.</p>	<p>2 Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances</p>
	<p>3 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>4 Pretend to walk through the sand, over a bridge, into the mud, or under a tree.</p>	<p>5 You are "rain"; act out mist, drizzle, downpour, hail, windy rain, a cold rain, heavy rain</p>	<p>6 Say any movement word you can think of – like run. Then think of words that rhyme with it. Act out your words.</p>	<p>7 Roll socks into ball, kick them across the room into a laundry basket turned onto its side.</p>	<p>8 You & Family are in a parade. Each pretends to play a different instrument - march around home.</p>	<p>9 Using a scarf or practice your self-toss & catch skills. Watch the scarf w/ your eyes & move your body so scarf can land in your hands</p>
	<p>10 Do a different balance in each doorway- i.e. on 1 hand & 2 feet, 1 knee & 2 hands. Hold for 10-30 seconds.</p>	<p>11 Practice walking, running, galloping, skipping, jumping and hopping</p>	<p>12 Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?</p>	<p>13 Leaping! Put pillows on the floor; push off of your back leg & reach with your front leg, going over pillow.</p>	<p>14 Roll socks in ball, put them on beach towel, hold 1 end of towel & fling socks into air.</p>	<p>15 Run in place for 1 song. Feel your heart when the song is over.</p>	<p>16 Make a nature trail using paper plates, walk through nature trail by only stepping on "stones"</p>
	<p>17 Play beach music & dance; surf, & swim.</p>	<p>18 Bouncing & catching skills: Drop ball & catch it after it bounces.</p>	<p>19 Hopping: take off & land on the same foot. Hop near & far, high & low.</p>	<p>20 Balance paper plate head, walk across room, bend down & get back up without it falling off</p>	<p>21 Can you skip? Give it a try – step, hop, step, hop.</p>	<p>22 Ask someone to toss balls to you so you can strike them with an implement (hand, bat, stick)</p>	<p>23 Using your entire body, make up a "handshake" with each person in your family.</p>
	<p>24 Work on dribbling a ball with your feet.</p>	<p>25 Run the shape of each letter of your name</p>	<p>26 Take turns throwing a ball toward a big target. How many throws does it take to get there?</p>	<p>27 Find different sized boxes & practice throwing into each of them. near and far.</p>	<p>28 Jump as high as you can at every window.</p>	<p>29 Read a book with your family – act out the movements in the book.</p>	<p>30 Play "add-on". Take turns doing 1 movement, (ie. bending elbow). As you do a new movement, repeat previous movements</p>
	<p>31 Every family member chooses 1 activity; do each together</p>						

Parent Signature

Student Signature

Teacher's Name, Grade, Room #