

May 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Health & Fitness Calendar

Directions:

Perform the activity listed for each day.

The entire family may participate!

Parents/Guardians initial each completed activity.

At the end of the month, please return your calendar to Ms. Duell.

Student & Parent/Guardian signatures.

Fill in your class information.

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Teacher's Name, Grade, Room #

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