MAY IS HEALTH AND WELLNESS MONTH!

This month I have created quick little activities for you to do each day to help celebrate Health and Wellness Month. You are not required to do everything on the calendar, but I challenge you to try to pick something at least 3 days a week! Remember, being healthy is not just about exercising – some things on the calendar may ask you to focus on other habits that help keep you strong!

MAY 2020 HARBOUR VIEW PHYS ED

MAKE YOUR OWN Mondays	TIMED Tuesdays	WELLNESS Wednesdays	TOGETHER Thursdays	FIELD TRIP Fridays
4 Build a fort with couch cushions and pillows 	5 Practice dribbling a ball with each hand for 5 minutes	6 Floss your teeth 	7 Jog or walk around your neighbourhood/house for 10 minutes with a parent or sibling	8 NBA Storytellers: All-Star Virtual Field Trip https://www.youtube.com/watch?v=zhENZ10iFEU
11 Make your own workout (include at least 4 different exercises)	12 Put your favourite song on repeat and dance for 10 mins 	13 Set a bedtime tonight and make sure you get 8 hours of sleep	14 Play catch with a sibling or parent for 10 mins (see how many catches you can get in a row)	15 NFL Play 60 - Roadmap to a Healthy Heart https://aha-nflplay60.discoveryeducation.com/roadmap
18 Line up some empty cans/bottles like bowling pins and bowl a ball to see how many you can knock over	19 Set a timer for 6 mins and see how many times you can do the following exercises. -10 jumping jacks -5 push ups -10 squats	20 Drink 7 glasses of water and make a healthy snack choice 	21 Challenge someone in your family to see who can hold a plank longer 	22 Basketball and Science https://www.youtube.com/watch?v=1JM4UGIUlTk&list=PLn3nHXu5Ot5xqHW67LKFhUB_C2Y9C0IwC

25 How many stacked pillows can you jump over? 	26 Hold a wall-sit for 2 mins. Challenge yourself to see if you can hold it longer. 	27 Help your family by cleaning something in the house without being asked	28 While watching TV today, challenge whoever is with you to exercise at the commercials. You can switch who gets to pick the exercise each commercial break	29 NBA Careers That Count https://www.youtube.com/watch?v=TBQBVXnki10

CHALLENGE OF THE MONTH

How fast can you complete the following?

100 Exercises

Jumping Jacks x10	Lunges x10
Squats x10	Hop on 1 Foot x10
Arm Circles x10	Side Twists x10
Sit Ups x10	March x10
Run in Place x10	Toe Touches x10

ATTENTION PARENTS!! ARE YOU LOOKING FOR A WAY TO KEEP YOURSELF HEALTHY DURING QUARANTINE?