

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Observances - May 1-7: National Physical Education and Sport Week - May 4th: Star Wars Day - May 5th: Cinco de Mayo - May 6th: National Nurses Day - May 10th: Mother's Day					1 Commercial Break Can you hold a plank for an entire TV commercial break?	2 Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?
3 How Fast Can You Go? Pick a distance and see how fast you can run the distance.	4 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. 	5 Celebrate Put your favorite song on and make up a dance or fitness routine! 	6 A Gratitude Attitude Write down something you're thankful for and why.	7 Inchworms Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.	8 Teacup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	9 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).
10 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.	11 Yoga Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	12 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	13 Mindful Senses What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste	14 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	15 Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.	16 Family Mindful Snacking When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?
17 Rock Paper Scissors Tag Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.	18 Chair Pose Hold for 30 seconds, relax then repeat. 	19 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	20 Commercial Break Can you hold a plank for an entire TV commercial break?	21 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	22 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.	23 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.
24 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	25 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	26 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	27 A Gratitude Attitude Write down something you're thankful for and why.	28 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	29 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	30 How Fast Can You Go? Pick a distance and see how fast you can run the distance.
31 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising! Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx Star Wars photo from www.starwars.com , Cinco de Mayo photo from https://northfortynews.com/happy-cinco-de-mayo-northern-colorado/ , Yoga photos from www.forteyoga.com .					