







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>National Physical Education and Sport Week May 1-7</i>						
<b>1 Family Adventure</b> Go for a walk with your family. Keep track of where you walk and name the path to walk on it again. <b>Be sure to wear sunscreen any time you're outside!</b>	<b>2 Bridge Pose</b>  Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.	<b>3 Line Jumps</b> Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.	<b>4 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.	<b>5 Freeze Dance</b> Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose. <b>Take extra care to wash your hands today!</b>	<b>6 Sidewalk Slide</b> Down a sidewalk slide with your right foot leading. Switch feet and go back. Repeat 10 times (5 on the right, 5 on the left)	<b>7 Target Practice</b> Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!
<b>8 Wake and Shake</b> 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.	<b>9 Stork Tag</b> Play tag while hopping on one leg like a stork. Stay inside a small boundary.	<b>10 You're a Frog!</b> Practice your frog jumps by traveling as far as you can in 30 sec. Repeat 5 times trying to get farther each time.	<b>11 Mummy Kicks</b> Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 	<b>12 Toe-To-Toe Jump Rope</b> Hop on the left foot and touch the right toe, then hop on the right foot and touch the left toe. Hint: keep body over weighted foot.	<b>13 Scissor Jumps</b> Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.	<b>14 Around the House</b> See how many times you can run around the outside of your house without stopping. Check your pulse when you finish.
<b>15 Couch Potato Circuit</b> Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats	<b>16 Soccer Dribble</b> Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.	<b>17 Everybody IT Tag</b> Everybody's it! If you get tagged sit down. Your still it. Tag people as they run by. Last one up wins!	<b>18 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	<b>19 4 Walls</b> 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	<b>20 Underhand Toss Target Practice</b> Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.	<b>21 Cardio</b> Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.
<b>22 Balancing Act</b> Practice balancing on one foot on a step, curb or balance beam at a park. Try bringing your free knee up to a 90 degree angle. Switch sides.	<b>23 Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	<b>24 Eagle Pose</b> Hold eagle pose two times on each leg for 20 seconds each. 	<b>25 Stairs</b> Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.	<b>26 Kick City</b> 20 side kicks 20 front kicks 20 back kicks	<b>27 Pendulum Stretches</b> Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.	<b>28 Freestyle Dance</b> Make a playlist of 3-5 of your favorite songs or listen to the radio. Dance or keep moving to the music for the entire time.
<b>29 Stuck in the Mud</b> Tag with a twist! When a person gets tagged, he/she is "stuck in the mud." To get unstuck, another player must crawl through his/her legs.	<b>30 Just play!</b> Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	<b>31 Crab Walk</b> Try crab walking around your living room. Gather family members or friends and have a race.	<b>National Health Observances</b> -National PE & Sport Week (May 1-7) -May5: World Hand Hygiene Day -National Mental Health Month -National Melanoma/Skin Cancer Awareness Month -American Stroke Month -National High Blood Pressure Education Month		<b>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!</b>	

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1 <b>Go Outside</b> Spend time outside with family or friends today. Leave the cell phones at home and go for a walk. <b>Be sure to wear sunscreen any time you're outside!</b>	2 <b>Bridge Pose</b>  Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.	3 <b>10 Squat Kicks</b> Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg	4 <b>Cardio/ Agility Circuit</b> Sprint forward 10 steps Side Shuffle Left 10 steps Back Peddle 10 steps Side Shuffle Right 10 steps	5 <b>Squat Challenge</b> Complete 10 sets of 10 squats before the end of the day. Use weights for an added challenge. <b>Take extra care to wash your hands today!</b>	6 <b>Jab, Jab, Cross</b> Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.	7 10 pushups 10 bodyweight squats 10 jumping jacks 10 high knees
8 <b>4 for 10</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	9 <b>Bosu-Ball Sit-ups</b> Sit on a bosu-ball and do 10 sit-ups. Don't have a bosu-ball? Sit up with knees bent, lean back as far as you can & sit back up.	10 10 butt kicks 10 lunges 10 high knees Stretch for 10 seconds Repeat	11 <b>Mummy Kicks</b> Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 	12 <b>Line Jumps</b> Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.	13 <b>Scissor Jumps</b> Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.	14 On the hour complete 10 squats, 10 wall push-ups and 10 jumping jacks
15 <b>Couch Potato Circuit</b> Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats	16 <b>Boxer Shuffle</b> 10 seconds 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat	17 <b>Chair Squats</b> Stand about six inches in front of a chair. Squat until your buttocks touches the chair and stand back up.	18 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	19 <b>Walking Lunges w/ weights</b> Don't have weights try holding a textbook to your chest or another heavy object.	20 <b>Tabata</b> Burpees 20 seconds of work 10 seconds of rest 8 rounds	21 <b>Cardio</b> Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.
22 <b>10 Toe Touch Kicks</b> Lift your left leg forward and touch your toe then repeat on your right leg. Complete 10 on each side.	23 <b>Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	24 <b>Eagle Pose</b> Hold eagle pose two times on each leg for 20 seconds each. 	25 <b>Shuffle Squat</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	26 <b>Kick City</b> 10 side kicks 10 front kicks 10 back kicks	27 <b>Pendulum Stretches</b> Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.	28 <b>Up and Squat Challenge</b> Any time you get up from your seat today, complete 5-10 squats before moving.
29 <b>Distance Run</b> Test yourself. Can you run 10 minutes without stopping? Pick a comfortable pace and challenge yourself!	30 <b>Interval Training</b> Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch	31 <b>Scissor Jacks</b> As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 10	<b>National Health Observances</b> -National PE & Sport Week (May 1-7) -May5: World Hand Hygiene Day -National Mental Health Month -National Melanoma/Skin Cancer Awareness Month -American Stroke Month -National High Blood Pressure Education Month		<b>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!</b>	