









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>National Health Observances</b></p> <ul style="list-style-type: none"> <li>National Autism Awareness Month               <ul style="list-style-type: none"> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul> </li> </ul>		<p><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></p> <p><b>Social Development Theme of April: RESPONSIBILITY</b></p>			<p>1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p> 	<p>2 <b>Play Catch</b> 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.</p>
<p>3 <b>Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p>4 <b>Bear Walk</b> With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>5 See how many times you can run around the outside of your school without stopping. Check your pulse when you finish.</p>	<p>6 <b>Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p>7 <b>World Health Day</b> Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult &amp; discuss other ways to prevent diabetes.</p>	<p>8 <b>Dribble Challenge</b> Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p>9 <b>Wild Arms</b> As fast as you can complete: 10 Arm Circles front &amp; back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>
<p>10 <b>Family Adventure</b> Go for a walk with your family. Vary your speeds sometimes walking a fast and medium pace.</p>	<p>11 <b>Crawl Like a Seal</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>12 <b>How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.</p>	<p>13 <b>Inchworms</b> Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>	<p>14 <b>Flower Pose</b> Practice your balance with this pose!</p> 	<p>15 <b>Rock Paper Scissors Tag</b> Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>	<p>16 <b>Commercial Break</b> Can you hold a plank for an entire TV commercial break?</p>
<p>17 <b>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.</p>	<p>18 <b>Chair Pose</b> Hold for 30 seconds, relax then repeat.</p> 	<p>19 Play your favorite tag game at recess today. If you don't have recess, play it after school with some friends.</p>	<p>20 <b>Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>21 Put your favorite song on and make up a dance or fitness routine!</p>	<p>22 <b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p>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.</p>
<p>24 Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>25 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>26 <b>Crow Pose</b> Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p> 	<p>27 <b>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</p>	<p>28 <b>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!</p>	<p>29 <b>Tea Cup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>30 Try Savasana again. Use this to relax and wind down all year!</p> 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National Health Observances</b> <ul style="list-style-type: none"> <li>National Autism Awareness Month               <ul style="list-style-type: none"> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul> </li> </ul>		<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>			1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	2 <b>Cardio Day!</b>  10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups
3 <b>Shuffle Squat</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	4 <b>Lunge with a Hook</b> Complete a side lunge with a cross-hook punch. Do 10 on each side.	5 <b>Lunch Break Walk</b> During lunch go for a 10 minute walk. Bring friends or colleagues with you.	6 <b>Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. 	7 <b>World Health Day</b> Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.	8 <b>Tabata</b>  Jump squats 20 seconds of work 10 seconds of rest 8 rounds	9 <b>Wild Arms</b> As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x
10 <b>Shoulder Shrugs</b> 10 shoulder shrugs with light weights	11 <b>Chair Dips</b> Complete 10 tricep dips using your chair. Complete for 3 rounds.	12  10 burpess 10 walking lunges 10 leg raises 3 rounds	13 <b>Squat Side Step</b> Squat to mid-level position and step to the right. Repeat to the left side. Complete 10 total.	14 <b>Flower Pose</b> Practice your balance with this pose! 	15  10 Butt Kicks 10 high knees Stretch Repeat	16 <b>Rise and Squat</b>  As soon as you wake up do 10 squats.
17  10 tricep dips 10 second seated straddle stretch 10 crunches 10 jump rope reps	18 <b>Chair Pose</b> Hold for 30 seconds, relax then repeat. 	19 <b>Standing Knee Lift</b> Balance on one leg and bring the opposite knee to a 90 degree angle. Extended your knee 10x then switch sides. Repeat 3 rounds.	20 <b>Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	21 <b>Wall Sit</b> Against a wall act as if you are sitting in a chair. Hold for 10 seconds. Can you go longer?	22 <b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	23 <b>Step Jumps</b> Find a step or a bench and jump up and down 10 times for 5 sets. Be careful. Take a break if you need to.
24  Along the sidewalks alternate between skipping, speed walking, and jogging for 10 minutes.	25 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	26 <b>Crow Pose</b> Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. 	27 <b>4 Walls</b> Face each wall in a room and do 10 reps of each exercise: -side shuffle -grapevine to left then right -wide stance punches -vertical jumps	28 <b>Abs!</b> 10 knee to elbow planks 10 crunches 10 superman poses	29 <b>Walking High Knees</b>  Walk forward and on each step pull your knee up to your chest and do a calf raise with your knee up. 	30 Try Savasana again. Use this to relax and wind down all year! 