




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Physical Education and Sport Week!						
	1 Kick off National PE and Sport Week by combining two or more fundamental motor skills in this fun activity	2 National Fitness Day Be active for at least 60 minutes today!	3 Project ACES! Get as many people to dance with you as possible! Do any dance of your choice or follow along to The Sid Shuffle!	4 May the Fourth Be with You Jedi Warrior Training	5 Cinco de Mayo Mario vs Bowser Jump Battle!	6 ABC Pushups ABC push-ups
7 Healthy Cooking Help your family cook a healthy meal.	8 5 Finger Breathing Trace your hand as you breathe in and out. Breathe in as you trace your finger and breathe out as you trace down.	9 Sock It Lie on your back with your feet straight and place a sock between your feet. Keeping your legs straight, lift the sock over your head and pass it to your hands. Do this 5,10,20 times, you choose!	10 Avocado Dance Follow along to the cardio drumming dance. Don't have a ball or pool noodles? Use a flat surface and paper towel rolls instead. Avocado Dance	11 Teacher Appreciation Week! Write a thank you note to a teacher that you appreciate.	12 Dice Dizzy Roll a dice and hold one of the corresponding yoga poses for 30 seconds. If you roll a 6, choose any pose to hold. 	13 Throw Hunt Throw a ball at objects on this list. How many throws it takes you? 1. Pinecone 2. Tree 3. Something blue 4. Fence 5. Something red 6. Rock 7. Something yellow 8. Chair/bench
14 Mother's Day Go for a walk with your mother or another member of your family.	15 My Body Is Calm Tap each finger to your thumb as you say "My body is calm"	16 Tuesday Tunes Put on your favorite tunes and dance!	17 Balloon Volleyball Play balloon volleyball. How many hits can you get without it hitting the ground?	18 Thoughtful Thursday Write down 4 things you are grateful for.	19 Morning Stretch Wake up and do 3 minutes of stretching.	20 Ice Cream Basketball Use a cone or other object to play basketball with
21 Healthy Snacking Help your family make a healthy snack	22 Mindful Minute Follow along to the mindful minute. Mindful Minute	23 Coin Flip Flip a coin 5 times and do the corresponding exercise. Heads = 10 squats Tails = 10 Jumping Jacks	24 Just Dance Hawaiian Rollercoaster Ride	25 Merry May Write a thank you note to someone who was helpful or kind to you	26 Chair Pose Hold chair pose for 30 seconds. 	27 Healthy Snacking Help your family make a healthy snack
28 Get Outside & Play Spend some time outside being active. Ride your bike, go for a walk, play catch, help to garden, it's up to you.	29 Breathing Ball Inhale as the ball gets bigger, exhale as the ball gets smaller. 	30 Make Your Own Weights Get creative and build our own weights. Use a soup can or fill an empty water bottle See how many times you can lift them over your head.	31 Workout Buddy Find a workout buddy and see if you can do partner squats, partner push and pulls, and partner sit-ups. Track how many you could do.	National Health Observances <ul style="list-style-type: none"> • Asian American and Pacific Islander Heritage Month • May 1-7: National Physical Education and Sport Week • May 2-6 : Teacher Appreciation Week • May 4th: Star Wars Day • May 5th: Cinco de Mayo • May 6th: National Nurses Day 		