

# Elementary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>NATIONAL OBSERVANCES</b></p> <ul style="list-style-type: none"> <li>May 1<sup>st</sup> - May 7<sup>th</sup> National Sport and Physical Education Week</li> <li>May 1<sup>st</sup> - May 31<sup>st</sup> National Physical Fitness and Sport Month</li> <li>May 1<sup>st</sup> - 31<sup>st</sup> National Skin Cancer Prevention Month</li> </ul> <p>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!</p>			<p><b>1 Aces</b></p> <p>Assign different options to suits in a card deck. Pick a card and do the exercise that matches.</p>	<p><b>2 Kindness</b></p> <p>Give someone a compliment while you are doing a physical activity with them.</p>	<p><b>3 Share</b></p> <p>Share your favorite physical activity with classmates by participating in it together.</p>	<p><b>4 Beat the Heat</b></p> <p>Wake up early for an early morning walk around the neighborhood to beat the hot temperatures of the afternoon.</p>
<p><b>5 Roll With It</b></p> <p>Use a piece of exercise equipment with wheels – a bike, a skateboard, rollerblades – to explore the outdoors.</p>	<p><b>6 Be Kind to Your Muscles</b></p> <p>Ice down your muscles for 10-15 minutes after your workout to help recovery.</p>	<p><b>7 Partner Up</b></p> <p>Play catch with a friend or a family member.</p>	<p><b>8 Chalk It Up</b></p> <p>Draw a hopscotch or 4-square board with sidewalk chalk and play a game.</p>	<p><b>9 Push Up</b></p> <p>Try to do push-ups in 3 different places today.</p>	<p><b>10 Healthy Eating</b></p> <p>Try a new fruit or vegetable today.</p>	<p><b>11 Get Up</b></p> <p>Explore open areas in your neighborhood by trying to fly a kite.</p>
<p><b>12 Party Time</b></p> <p>Host a sports party at your home by inviting your friends to play group games.</p>	<p><b>13 Playground Fun</b></p> <p>Visit a sliding board and play with friends at the park.</p>	<p><b>14 Bowl Away</b></p> <p>Go bowl. Or save water bottles and make your bowling lanes in your yard.</p>	<p><b>15 Climbing Up</b></p> <p>Try climbing a rock wall at a local park or climbing gym.</p>	<p><b>16 Partner Work</b></p> <p>Play catch with a friend or a family member.</p>	<p><b>17 Move to the Music</b></p> <p>Take a 30-second dance party to 10 different songs.</p>	<p><b>18 Late Night</b></p> <p>Take a moonlit walk or jog with friends.</p>
<p><b>19 Party Time 2</b></p> <p>Host friends for a sports party AND follow it up with a healthy meal to be shared with all.</p>	<p><b>20 Work on Break</b></p> <p>Work on upper body strength by holding a plank position during commercials of your favorite TV show.</p>	<p><b>21 Ball Control</b></p> <p>Dribble a ball while taking a walk with a friend. Use your feet or hands.</p>	<p><b>22 Solid to the Core</b></p> <p>Ask a friend their favorite abdominal exercise to try at home.</p>	<p><b>23 Pose</b></p> <p>Hold a Yoga Squat Pose for 30 seconds.</p>	<p><b>24 Play Together</b></p> <p>Ask your family to share their favorite after school activities then play one.</p>	<p><b>25 Starry Night</b></p> <p>Take a night time walk with family or friends and explore the stars in the sky while walking.</p>
<p><b>26 Fishing for All</b></p> <p>Explore local places to fish in your neighborhood with a trusted adult.</p>	<p><b>27 Remember</b></p> <p>Walk and talk with a family member about the sacrifices many made in service to our country.</p>	<p><b>28 Bike Ride</b></p> <p>Ride your bike with your friends. Don't forget to wear your helmet.</p>	<p><b>29 Weeding Out</b></p> <p>Volunteer to weed a garden to help a neighbor and get a workout.</p>	<p><b>30 Swim Safety</b></p> <p>Explore where swimming classes are available in your neighborhood.</p>	<p><b>31 Bike Ride</b></p> <p>Ride your bike with your friends. Don't forget to wear your helmet.</p>	