





































# May

## Physical Activity Calendar

Name \_\_\_\_\_ Grade \_\_\_\_\_



SHAPE America recommends school-age children accumulate **at least 60 minutes of physical activity per day**. This can be activity before, during, &/or after school. Remember that each bout of physical activity should be followed by **cool-down stretches** that help reduce soreness and avoid injury.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Stay hydrated!</b> (4-5 glasses) Each day you drink the recommended daily amount of water put a check on the cup!</p> 			<p><b>1 Weights!</b> Get creative and build your own weights. Use a soup can or water bottle and see how many times you can lift them like a bicep curl up.</p> 	<p><b>2 Paper Plate Race</b> Create a racecourse and place 2 paper plates under your feet &amp; you're off! Race again, can you beat your time?</p> 	<p><b>3 Obstacle Course</b> Create your own obstacle course and time yourself doing it! See how many times you can beat your own time!</p> 	<p><b>4 Lunges!</b> 5-4-3-2-1 do alternating lunges with a 5 second break between each set. Repeat, 2x's, 3x's!</p> 
<p><b>5 Adventure Walk</b> Go for a walk and vary your speeds. Sometimes walking a fast pace and medium pace.</p> 	<p><b>6 ABCs</b> Bend your body to form each letter of May. Repeat again. Take note of where you feel the stretch.</p> 	<p><b>7 10 for Tuesday</b> 10 x's High Knees, 10 x's Mtn. Climbers, 10 x's Donkey Kicks, 10 x's Burpees Repeat, 2x's, 3x's</p> 	<p><b>8 Tabata</b> Burpees- 20 seconds of non-stop burpees, 10 seconds of rest. Repeat for 5 mins.</p> 	<p><b>9 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p><b>10 Inch Worms</b> Keeping your legs straight, place your hands on the ground, walk them into pushup position and walk your legs up. Repeat 10x's</p> 	<p><b>11 Burpees!</b> How many can you do in 1 minute? Record below: _____</p> 
<p><b>12 Four Walls</b> Put your back on each wall in a room and hold a wall sit for 30 seconds each. Try to hold the squat at a 90° angle if you can, like you're sitting in a chair!</p> 	<p><b>13 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p><b>14 Dance Break</b> Put on your favorite music for dancing and dance with someone else or alone for 15 minutes!</p> 	<p><b>15 Jump Rope to Music!</b> Put on your favorite song and jump the entire song without stopping. No rope, just swing your arms like you're holding a rope!</p> 	<p><b>16 Mindful Walk</b> Take a mindful walk and bring full attention to the movements in your body.</p> 	<p><b>17 Leg Work!</b> Complete: 10 squats, 10 lunges, 9 squats, 9 lunges, 8 squats, 8 lunges. (keep going 7-6-5-4-3-2-1)</p> 	<p><b>18 Push-ups!</b> 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt!</p> 
<p><b>19 Jump, Jump</b> Jump side-to-side over an object or line for 1 minute! Go again but jump front to back. Repeat 2x's.</p> 	<p><b>20 Outside</b> Spend 20 minutes or more walking outside. Along the walk alternate between skipping, speed walking, and jogging.</p> 	<p><b>21 10 for Tuesday</b> 10 x's Jumping Jacks, 10x's Crab Kicks, 10 x's Ski Jumps, 10 x's Sit-ups Repeat, 2x's, 3x's</p> 	<p><b>22 Flexible Alphabet</b> Can you make your body look like every letter in the alphabet? Which one was the easiest? Hardest?</p> 	<p><b>23 Plank Wars</b> Grab someone &amp; battle it out! See who can hold a plank the longest. Challenge with a side plank or plank up-downs too!</p> 	<p><b>24 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p><b>25 Squats!</b> 60 seconds and subtract 10 seconds each round until done!</p> 
<p><b>26 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance. Can you beat your time?</p> 	<p><b>27 Dance Break</b> Put on your favorite music for dancing and dance with someone else or alone for 15 minutes!</p> 	<p><b>28 Inch Worms</b> Keeping your legs straight, place your hands on the ground, walk them into pushup position and walk your legs up. Repeat 10x's</p> 	<p><b>29 Choice</b> Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p><b>30 ABC Push-ups!</b> Alternate shoulder taps while saying the ABC's. Take a 30 second break then continue one more time!</p> 	<p><b>31 Step Ups</b> Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 5 sets of 10.</p> 	<p> You've finished the <b>LAST</b> calendar of the year!</p>



Circle 3 of your FAVORITE activities and return to Mrs. Oas for your May tag & bead! All calendars are due by the end of the first week of June.

### Let's GET UP & MOVE Madison Mustangs!