

APRIL

DEAM Calendar Drop Everything And Move

SPRING
into action

Name:

Teacher:

Purpose: This is a way to stay active while missing days of PE class. Extra credit points will be given for those who turn it in. Please ask family members to participate with you!! Some activities will require adult supervision.

Directions:

After a student completes a day's activity, **adults make a check mark and initial in the space provided.** You can pick and choose which ones you want to do or do them all!

Have fun and be active!

| ✓ Done | Day | DEAM Activity |
|--------|-----|---|
| | 1 | Spring into Action: Find someone to do 20 jumping jacks with you. |
| | 2 | Say your fitness components while doing 10 lunges. |
| | 3 | Take a walk for 20 minutes. |
| | 4 | Did you know soda has ~39 grams of sugar? Do 39 mountain climbers. |
| | 5 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
| | 6 | Help your parents with a chore around the house. |
| | 7 | Do more curl ups than you did on your pretest. |
| | 8 | Spring into Action: Find 2 people in the house. Do 30 jumping jacks together. |
| | 9 | Do as many pushups as you can (beat your pre test score). |
| | 10 | Take a walk (walk the dog if you have one) for 20 minutes. |
| | 11 | Did you know ice cream has ~13 grams of fat? Do 13 burpees. |
| | 12 | Do the sit and reach stretch. Hold each stretch for 20 seconds. |
| | 13 | Using an old container, gather soil, and plant flowers seeds OR pick up dog poop. |
| | 14 | Do as many high knee jumps (knees to chest) as you can. |
| | 15 | Teach your family one of the fun Friday games we play. |
| | 16 | Perform squat-jumps while naming all the continents. |
| | 17 | Take a walk for 20 minutes. |
| | 18 | Did you know donuts have ~280 calories? Jog in place for a 280 count. |
| | 19 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
| | 20 | Get 60 minutes of exercise of your choice! |
| | 21 | Do as many push-ups as you can. |
| | 22 | Spring into Action: Find 4 people. Do 40 jumping jacks together. |
| | 23 | Read a book or article while doing a wall sit. |
| | 24 | Do our timed run outside. (1 min 30 seconds then a 1 minute break) two times |
| | 25 | Did you know hot dogs have 530 mg of sodium? Do 53 bicep curls without weight. |
| | 26 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
| | 27 | Invent a game and try it out! Teach your family. |
| | 28 | Do as many curl-ups as you can. |
| | 29 | Spring into Action: Find 2 people do 10 push ups together |
| | 30 | Spring into Action: Find someone to hold plank position for 1 minute together. |

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher when you return to school.

