

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>National Observances</b></p> <ul style="list-style-type: none"> <li>May 1-7: National Physical Education and Sport Week</li> <li>May 4<sup>th</sup>: Star Wars Day</li> <li>May 5<sup>th</sup>: Cinco de Mayo</li> <li>May 6<sup>th</sup>: National Nurses Day</li> <li>May 10<sup>th</sup>: Mother's Day</li> </ul>					<p><b>1 Commercial Break</b> Can you hold a plank for an entire TV commercial break?</p>	<p><b>2 Dribble Challenge</b> Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
<p><b>3 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.</p>	<p><b>4 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>5 Celebrate</b> Put your favorite song on and make up a dance or fitness routine!</p>	<p><b>6 A Gratitude Attitude</b> Write down something you're thankful for and why.</p>	<p><b>7 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><b>8 Teacup 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><b>9 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p><b>10 Positive Talk</b> Be sure to talk to yourself today like you would talk to someone you love.</p>	<p><b>11 Yoga</b> 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><b>12 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><b>13 Mindful Senses</b> What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste</p>	<p><b>14 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><b>15 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><b>16 Family Mindful Snacking</b> When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>
<p><b>17 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><b>18 Chair Pose</b> Hold for 30 seconds, relax then repeat.</p>	<p><b>19 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><b>20 Commercial Break</b> Can you hold a plank for an entire TV commercial break?</p>	<p><b>21 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><b>22 Positive Talk</b> Be sure to talk to yourself today like you would talk to someone you love.</p>	<p><b>23 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><b>24 Before Bed Breathing</b> While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p><b>25 Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p>	<p><b>26 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><b>27 A Gratitude Attitude</b> Write down something you're thankful for and why.</p>	<p><b>28 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><b>29 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><b>30 How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.</p>
<p><b>31 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 align="center"><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 align="center">Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)  <a href="https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx">https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx</a></p>					