### June 2023

**Secondary Health & Physical Education Calendar**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>National Health Observances:</strong></td>
<td>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. Reproduced with permission from the Society of Health and Physical Educators [SHAPE America]</td>
<td><strong>1 Yoga Time</strong></td>
<td><strong>2 Scavenger hunt</strong></td>
<td><strong>3 Track your Sleep</strong></td>
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<td>- Alzheimer’s &amp; Brain Awareness Month</td>
<td>- National Health Observances:</td>
<td>Do yoga with a family member or friend for 10 minutes or attend a local yoga class. You can find videos on YouTube.</td>
<td>Create an indoor or outdoor fitness scavenger hunt and challenge your family to complete it.</td>
<td>Write down what time you when to bed and what time you woke up for three days in row. Are you getting 8 hours per night.</td>
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<td>- National Safety Month</td>
<td>- 18: Autistic Pride Day</td>
<td><strong>12 Yoga Time</strong></td>
<td><strong>13 Core Challenge</strong></td>
<td><strong>14 Mindfulness Break</strong></td>
<td><strong>15 Fitness goals</strong></td>
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<td>- 18: Autism Spectrum Disorder (ASD)</td>
<td>- 12: Juneteenth</td>
<td>Hold a front plank, left side plank, then right side plank for 1 minute each.</td>
<td>Improve your balance by performing the tree pose.</td>
<td>Use your fitness test results to plan your goals. Write down 3 fitness goals you have for the summer.</td>
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<td>- Month</td>
<td></td>
<td>Try the Wednesday Addams dance this Wednesday! <a href="https://www.youtube.com/watch?v=NakTu_VZxJ0">https://www.youtube.com/watch?v=NakTu_VZxJ0</a></td>
<td>Drink only water the whole day.</td>
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<td><strong>17 No Electronics</strong></td>
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<td></td>
<td><strong>15 Summer Activities</strong></td>
<td>Develop a plan for ways to stay physically active throughout the summer.</td>
<td>Challenge yourself to spend 2 hours away from electronics.</td>
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<td></td>
<td></td>
<td><strong>16 Jumping Jacks</strong></td>
<td>Set a timer and do 20 Jumping Jacks every hour!</td>
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<td><strong>24 Circuit Set</strong></td>
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<td><strong>23 Explore your Neighborhood</strong></td>
<td>Invite a family member for a walk/jog in your neighborhood.</td>
<td>Perform each 3 times:</td>
<td><strong>25 Invasion Game</strong></td>
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<td></td>
<td>10 Box Jumps (step-ups)</td>
<td><strong>26 Jab, Jab, Cross</strong></td>
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<td>10 Pushups</td>
<td>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</td>
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<td></td>
<td>10 Bench/Chair Dips</td>
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<td><strong>27 Go Fishing!</strong></td>
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<td>Hold a front plank, left side plank, then right side plank for 1 minute each.</td>
<td>Go fishing! Learn to fish or go fishing at a local pond or lake.</td>
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<td><strong>28 Meal Plan</strong></td>
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<td></td>
<td>Plan a 7-day week of healthy meals. Include what you will eat for breakfast, lunch, dinner, and snacks each day.</td>
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<td><strong>29 Core Challenge</strong></td>
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<td></td>
<td>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</td>
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<td><strong>30 Identify a constellation</strong></td>
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<td></td>
<td>Go outside at night and identify a constellation of stars in the sky. Draw it, write down its name, and share with a friend.</td>
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This month be mindful of all the activities you do each day.

How will each activity help take care of your mind and body over summer break?

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### 4 Plan a Celebration

Plan an end of school year sports party!

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### 5 Family Game Time

Challenge your family to a game of your choice! Try ultimate, Spikeball, kickball, volleyball or make up a new game.

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### 6 Core Challenge

Hold a front plank, left side plank, then right side plank for 1 minute each.

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### 7 The Wednesday Dance

Try the Wednesday Addams dance this Wednesday! [https://www.youtube.com/watch?v=NakTu_VZxJ0](https://www.youtube.com/watch?v=NakTu_VZxJ0)

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### 8 Water Challenge

Drink only water the whole day.

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### 9 Mindfulness Break

Swing on a hammock, listen to the birds.

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### 10 Fitness goals

Use your fitness test results to plan your goals. Write down 3 fitness goals you have for the summer.

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### 11 Plant a fruit or veggie!

Pick your favorite fruit or vegetable and plant a fruit tree outside.

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### 12 Dance

Put your favorite song on and make up a dance or fitness routine!

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### 13 Express yourself

Set an attainable goal to express your feelings and thoughts respectfully.

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### 14 Tree Pose

Improve your balance by performing the tree pose.

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### 15 Summer Activities

Develop a plan for ways to stay physically active throughout the summer.

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### 16 Jumping Jacks

Set a timer and do 20 Jumping Jacks every hour!

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### 17 No Electronics

Challenge yourself to spend 2 hours away from electronics.

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### 18 Autistic Pride Day

Learn more about Autism Spectrum Disorder (ASD) and Autistic Pride Day. How can you be more inclusive specifically of individuals with ASD?

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### 19 Juneteenth

Using the link below, learn about Juneteenth. Go for a walk with a family member or friend and discuss why this is an important holiday in our country. [Juneteenth](https://www.youtube.com/watch?v=NakTu_VZxJ0)

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### 20 Teach a Dance Move

Call a family member or friend to learn your favorite dance move.

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### 21 Check-in Call

Call a family member or friend you haven’t spoken to in a while and ask them how they are doing.

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### 22 Frog Jumping

See how many consecutive frog-jumps you can do in 30 seconds. Challenge a family member to a contest.

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### 23 Explore your Neighborhood

Invite a family member for a walk/jog in your neighborhood.

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### 24 Circuit Set

Perform each 3 times: 10 Box Jumps (step-ups) 10 Pushups 10 Bench/Chair Dips Hold a 30 second Plank 3 times

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### 25 Invasion Game

Invite your friends to play an invasion game (basketball, soccer, flag football, etc.)

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### 26 Jab, Jab, Cross

Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.

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### 27 Go Fishing!

Learn to fish or go fishing at a local pond or lake.

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### 28 Meal Plan

Plan a 7-day week of healthy meals. Include what you will eat for breakfast, lunch, dinner, and snacks each day.

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### 29 Core Challenge

Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!

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### 30 Identify a constellation

Go outside at night and identify a constellation of stars in the sky. Draw it, write down its name, and share with a friend.