

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Physical Education and Sport Week!						
1 Goal Setting Make a goal for how many days you will be active this month. Write it here or tell a grown up. Write a thank you note! Teacher Appreciation Week starts tomorrow!	2 Foot Skills Sock Flick Challenge You will need a sock ball and a paper plate or frisbee. Flick the ball from your toes and try to catch it with the plate. How many catches can you do in one minute?	3 Underhand Toss Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back	4 Project ACES!!! (All Children Exercise Simultaneously) Get as many people to dance with you as possible! Do any dance of your choice, or follow along to The Sid Shuffle!	5 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	6 Free Play Friday Create an obstacle course inside or outside. Time yourself and others - see if you can beat your own personal best.	7 Makahiki Let the games begin! Read the article with a parent or on your own. Play a game of tug of war or make up your own game. Let the games begin!
8 Go Walk Go for a walk with your mother, or another person you love. Try walking slow, medium, and fast to vary the speed! Bonus points for walking outdoors! Mother's Day	9 Long Jump Choose a starting point and jump as far as you can. Try 3 different times to see how far you can go. Can you beat your record?	10 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	11 Make Boba! Bubble Tea originated in Taiwan. Try making your own boba milk tea at home! Follow this recipe	12 Free Write or Draw Set a timer for 5 minutes and write or draw anything to describe how you are feeling or what you are thinking.	13 Lily Pad Jump Frogs jump to lily pads. Change roles each race. If frogs notice lily pad is too far, "Can you move it closer please?" Lily Pad Jump National Jumping Frog Day	14 Savasana Pose Relaxing can help reduce stress!. Savasana is one of the hardest poses in yoga!! Try to fully relax & clear your mind.
15. Walk the Line Grab some sidewalk chalk and draw a variety of pathways (straight, curvy, zig zag) and practice balancing and walking the pathways.	16 Keep it Up See how long you can keep a balloon or beach ball up in the air before it touches the ground	17 Play Catch 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.	18 Commercial Break Can you hold a plank for an entire TV commercial break?	19 Dance Party Play your favorite 3 songs and dance along.	20 Moloka'i Makahiki Games Moloka'i is an island with a population of mostly native Hawaiians. Try Haka Moa and stand on one foot with a partner and try to knock your opponent off balance.	21 Tree Pose Balance on one leg. Bend your other leg and bring your foot to your knee. Reach high and touch hands above your head. What kind of tree are you?
22 Dance Party Hawaiian Dance	23 Soccer Skills Grab a ball, rolled up pair of socks, or anything you can kick safely! Soccer Skills Challenge	24 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1.Touch your nose 2. Clap twice 3.High-five someone 4. Spin round	25 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.	26 Dance Party Look up the Avocado Dance or click the link to follow along Avocado Dance	27 Animal Charades Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess	28 Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds, release and repeat
29 Mindful Walk Take a mindful walk and bring full attention to the movements and sensations in your body	30 Dribble Challenge Use hands or feet to dribble/touch a ball 100 times with each hand/foot. Can you successfully dribble 100 times while moving?	31 Celebrate Did you meet your goal? Celebrate your success by repeating your favorite activity. If you didn't meet your goal, what could you do to be more active?	National Health Observances <ul style="list-style-type: none"> • Asian American and Pacific Islander Heritage Month • May 1-7: National Physical Education and Sport Week • May 2-6 : Teacher Appreciation Week • May 4th: Star Wars Day • May 5th: Cinco de Mayo • May 6th: National Nurses Day 		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.	