### National Observances
- May 1-7: National Physical Education and Sport Week
- May 4th: Star Wars Day
- May 5th: Cinco de Mayo
- May 6th: National Nurses Day
- May 10th: Mother’s Day

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#### Monday - Mindful Snack
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?

#### Tuesday - Star Jumps
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

#### Wednesday - 6 A Gratitude Attitude
Write down something you’re thankful for and why.

#### Thursday - 7 Tabata
Jump squats:
- 20 seconds of work
- 10 seconds of rest
- 8 rounds

#### Friday - 8 Before Bed Breathing
While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.

#### Saturday - 4 Walls
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

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#### Monday - Fish Pose
Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.

#### Tuesday - 12 Wild Arms
As fast as you can complete:
- 10 Arm Circles front & back
- 10 Forward punches
- 10 Raise the Roof’s Repeat 3x

#### Wednesday - 13 Mindful Senses
What do you notice around you?
- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things smell
- 1 thing you taste

#### Thursday - 14 Jump rope to music!
Can you jump to an entire song without stopping?

#### Friday - 16 How Fast Can You Go?
Pick a distance and see how fast you can run the distance.

#### Saturday - 18 Slide, Slide, Sprint
Slide to your left for 10 steps then face forward and sprint for 10 seconds.

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#### Monday - Tabata
Tuck Jumps
- 20 seconds of work
- 10 seconds of rest
- 8 rounds

#### Tuesday - 12 Wild Arms
As fast as you can complete:
- 10 Arm Circles front & back
- 10 Forward punches
- 10 Raise the Roof’s Repeat 3x

#### Wednesday - 10 Commercial Break
Can you hold a plank for an entire TV commercial break?

#### Thursday - 20 Nighttime Note
Empty your mind before you go to bed by writing a note about what you’re thinking and leave it for tomorrow.

#### Friday - 21 Paper Plate Planks
In plank position with paper plates under your feet. Complete 30s each:
- mountain climbers
- push-ups
- knees to chest

#### Saturday - 23 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.

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#### Monday - 18 Garnet Pose
Practice your balance with this pose!

#### Tuesday - 26 Step Jumps
Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.

#### Wednesday - 29 10 Jump Lunges
Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.

#### Thursday - 30 Commercial Break
Can you hold a plank for an entire TV commercial break?

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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!

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