

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>National Physical Education and Sport Week May 1-7</i>						
	<p>1 Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 	<p>2 Line Jumps Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</p>	<p>3 How Fast Can You Go? Pick a distance and see how fast you can run the distance.</p>	<p>4 Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</p>	<p>5 Sidewalk Slide Down a sidewalk slide with your right foot leading. Switch feet and go back. Repeat 10 times (5 on the right, 5 on the left) Take extra care to wash your hands today!</p>	<p>6 Target Practice Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p>
<p>7 Try this mini dance workout: 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps Repeat Suggested song: "Party Rock" by LMFAO</p>	<p>8 Stork Tag Play tag while hopping on one leg like a stork. Stay inside a small boundary.</p>	<p>9 You're a Frog! Practice your frog jumps by traveling as far as you can in 30 sec. Repeat 5 times trying to get farther each time.</p>	<p>10 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>11 Toe-To-Toe Jump Rope Hop on the left foot and touch the right toe, then hop on the right foot and touch the left toe. Hint: keep body over weighted foot.</p>	<p>12 Scissor Jumps Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.</p>	<p>13 Around the House See how many times you can run around the outside of your house without stopping. Check your pulse when you finish.</p>
<p>14 Couch Potato Circuit Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>	<p>15 Soccer Dribble Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.</p>	<p>16 Everybody IT Tag Everybody's it! If you get tagged sit down. You're still it. Tag people as they run by. Last one up wins!</p>	<p>17 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>18 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</p>	<p>19 Family Adventure Go for a walk with your family. Keep track of where you walk and name the path to walk on it again. Be sure to wear sunscreen any time you're outside!</p>	<p>20 Cardio Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</p>
<p>21 Balancing Act Practice balancing on one foot on a step, curb or balance beam at a park. Try bringing your free knee up to a 90 degree angle. Switch sides.</p>	<p>22 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>23 Eagle Pose</p>  <p>Hold eagle pose two times on each leg for 20 seconds each.</p>	<p>24 Stairs Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p>25 Kick City 20 side kicks 20 front kicks 20 back kicks</p>	<p>26 Pendulum Stretches Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.</p>	<p>27 Freestyle Dance Make a playlist of 3-5 of your favorite songs or listen to the radio. Dance or keep moving to the music for the entire time.</p>
<p>28 Stuck in the Mud Tag with a twist! When a person gets tagged, he/she is "stuck in the mud." To get unstuck, another player must crawl through his/her legs.</p>	<p>29 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>30 Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.</p>	<p>31 Wake and Shake 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>National Health Observances -National PE & Sport Week (May 1-7) -May5: Hand Hygiene Day -National Physical Fitness and Sports Month -Mental Health Month -National Melanoma/Skin Cancer Awareness Month</p>		<p>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!</p>