









# Elementary Physical Education at Home!

This calendar encourages students and families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision). Physical activity is good for your body, your brain and your mental health so it is important that you strive to be active 60 minutes every day!

Monday, May 11	Tuesday, May 12	Wednesday, May 13	Thursday, May 14	Friday, May 15
<p><b>Warm-Up:</b> <a href="#">Harry Potter Workout</a></p> <p><b>Activity:</b> Flappy Bird Workout <a href="#">Squats</a> <a href="#">Push-Ups</a></p>  <p><b>Mindfulness:</b> <a href="#">Find Peace</a></p>	<p><b>Warm-Up:</b> <a href="#">Lazy Monster Workout</a></p> <p><b>Activity:</b> <b>Story time</b> doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word "hat" if you're reading <i>The Cat in the Hat</i>. Every time the word comes up in the story, get up and do a jumping jack.</p> <p><b>Mindfulness:</b> <a href="#">Relieving Anxiety</a></p>	<p><b>Warm-Up:</b> <a href="#">Train like Thor</a></p> <p><b>Activity:</b> <a href="#">Bring Sally Up Squat Challenge</a></p>  <p><b>Mindfulness:</b> <a href="#">Let It Go</a></p>	<p><b>Warm-Up:</b> <a href="#">Dance Monkey</a></p> <p><b>Activity:</b> Start the timer, then quickly find:</p> <ol style="list-style-type: none"> <li>1. Something <b>red</b></li> <li>2. Something <b>blue</b></li> <li>3. Something <b>green</b></li> <li>4. Something <b>yellow</b></li> <li>5. Something <b>purple</b></li> </ol> <p>Try to beat your best time or challenge a family member to beat your time.</p> <p><b>Mindfulness:</b> <a href="#">You Are Courage</a></p>	<p><b>Family Fitness Friday</b></p> <p>Go outside and go for a family walk or jog!</p> 

## Virtual Get Fit Jog Week

Monday, May 18	Tuesday, May 19	Wednesday, May 20	Thursday, May 21	Friday, May 22
<p>Walk/ Jog for 10 minutes</p> 	<p>Jog 1 mile without stopping</p> 	<p>Play a game that requires jogging: (soccer, b-ball, tag, hide &amp; seek)</p> 	<p>Walk/ Jog for 20 minutes</p> 	<p>Go on a family walk/jog.</p> 

## Summer Safety Week

Monday, May 25	Tuesday, May 26	Wednesday, May 27	Thursday, May 28	Friday, May 29
<p><b>Holiday</b></p>	<p><b>Watch:</b> <a href="#">Water Safety Video</a></p> <p><b>Activity:</b> <a href="#">Cosmic Kids Underwater Party!</a></p>	<p><b>Watch:</b> <a href="#">Sun Safety Video</a></p> <p><b>Activity:</b> <a href="#">Kidz Bob Sunflower Party!</a></p>	<p>Play outside and remember to wear sunscreen!</p>	<p>Happy Summer! Stay safe, healthy and remember to get 60 minutes of exercise each day!</p>