

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Physical Education and Sport Week!						
1 May Day Create a May-themed game or activity, such as a car wash relay or sack race.	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 Celebrate Teacher Appreciation Week by sharing physical activity tips with your favorite teacher.	4 Star Wars Day Create your own Darth Vader Imperial March	5 Cinco de Mayo Find: 5 things you see 5 things you feel 5 things you hear 5 things smell 5 things you taste.	6 Share your favorite fitness workout with a friend or family member. Find out what their favorite fitness workout is.	7 National Fitness Day Be active for at least 60 minutes throughout the day.
8 Mother's Day Celebrate Mother's Day and National Women's Health Week by sharing how physical activity improves women's health.	9 Identify one powerful connection of physical activity and mental health to celebrate National Mental Health Month.	10 "Advancing Leaders Through Collaboration" by creating an in-school physical activity that raises awareness of Asian American and Pacific Island culture.	11 For Time! 20 secs High Knees 20 sec Butt Kicks 20 sec Jump Squats 20 sec Half Jacks Complete 3 rounds	12 Share a positive message with 12 friends and classmates.	13 Frog Jumping See how many consecutive frog-jumps you can do in 30 seconds. Challenge a friend to a contest. National Frog Jumping Day	14 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.
15 Call a friend and share a wellness goal - hold each other accountable! OR Go for a walk.	16 Help your neighbor with chores, yardwork, or other physical activity National Do Something Good for Your Neighbor Day	17 Shrinking! Divide into two groups. Both groups stand in a defined place. Reduce the area with a rope/objects. Each group finds a way to fit in the limited area. Keep reducing! Who can fit in the smallest "space"?	18 Stretch N' Strength 20 sec Plank 20 sec Superman 20 sec Downward Dog 20 sec Kneeling Push-ups 10 sec rest between each exercise and 3 rounds	19 Walking meditation Find a quiet place 10-20 ft. in length & begin to walk slowly. Focus being aware of the sensations of standing & subtle movements that keep you balanced. Repeat on the way back	20 Take a picture of a balanced meal post to social media OR choose 1 workout/activity from DARBEE	21 Perform 30 sec. of Waiter's Carries with light dumbbells, or light safe objects at home. Add 30 seconds of briefcase carries National Waiters & Waitresses Day
22 As you play your favorite sport or activity, pick out a skill that can be used in more than one sport or activity. Share that skill with someone and teach them that skill. What skill do they know that you can learn?	23 A Gratitude Attitude Write down something for which you are thankful.	24 Partners! Sit back-to-back with a friend and link arms. Try to stand up without unlinking arms. How many can you add to the challenge?	25 Abdominals 20 sec Crunches 20 sec Ab Twists 20 sec Bicycles 20 sec 5 inches Complete 3 rounds	26 Move your way for 30 minutes!	27 National Sunscreen Day Share safety tips for outdoor physical activity in the sun.	28 Makahiki Games 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!
29 Gather your friends and play today! Prepare for tomorrow and just relax today!	30 How many levels of Murph pyramid can you do? Level one: one pull-up, two push-ups, three squats. Level two: two pull-ups, four push-ups, six squats. Level three: three pull-ups, six push-ups, nine squats.	31 Journal and reflect 5 min free write (thoughts, feelings, goals related to wellness)	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.	