

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Physical Education and Sport Week!						
	1 Kick off National PE and Sport Week by combining two or more fundamental motor skills in this fun activity	2 Tribute Show your PE teacher and/or coach how much you appreciate them with a special tribute before class/practice.	3 Project ACES 10 AM EDT Everyone will either exercise, walk, jog, bike, dance, do aerobics, or a combination or all of them! Check it out here .	4 Reap the Benefits Gather your sports team or group of friends and share the benefits of PE and sport to other students at your school.	5 Relay Create a fun relay that uses the fundamental motor skills you practiced Monday	6 Lead or Follow Lead or participate in a group yoga or exercise class
7 National PE and Sport Week smoothie Create a smoothie. Start with your choice of milk include fruit, veggies, and other healthy ingredients.	8 Warm-up Add two different locomotor movements to your exercise warmup today.	9 Tell or Show Tell/show your principal your favorite part of National PE and Sport Week and how it helps you to be your best in and out of school.	10 Time to Chill Share with a friend one tip you have for relaxing and reducing stress.	11 Teambuilding Host a teambuilding activity before or after school	12 Obstacle Course Create an obstacle course that involves tumbling, climbing, and jumping.	13 Vinyasa Look up three Vinyasa poses and introduce them to a friend. https://www.womenshealthmag.com/fitness/a36739783/vinyasa-yoga/
14 Mother's Day Create a fit way to shout out mom or a special person in your life. Go for a walk together, relax in the park, or sit and catch up for 30 minutes.	15 Combination Combine a locomotor, manipulation, and stability movement (for example, run, kick, and freeze).	16 Thank a Teacher Thank a teacher in your favorite subject and tell them how they have influenced you	17 Dimensions of Wellness Explore the dimensions of the wellness wheel. Share which dimension is your favorite and which one you will work on this summer.	18 Cross-curricular Plan for your PE class to visit other classroom subjects and share how PE is integrated in other subjects and how other subjects integrate into PE.	19 Challenge Challenge another class to a skills challenge relay. Combine events like shooting baskets, running, and pushups.	20 Summer Plan List three activities you will do this summer and match them with three yoga poses/stretchers you will add to your summer fitness program.
21 Healthy Snack Make a healthy snack for your family. If you have a younger sibling/friend, include them in the process.	22 Surfaces Perform six motor skills backward or on a different surface (sand, grass, water, for example).	23 Card-making Create a card for your favorite teacher(s) and share your gratitude	24 Summer Wellness Create a list of wellness tips for summer that you can share with classmates and teachers.	25 Teamwork makes the Dreawork Brainstorm with your classmates' ways that teamwork can make the dream work all summer.	26 Backyard Games Find a backyard game to play such as cornhole, ladder gold, can jam, etc and invite a friend or family member to play	27 Special Dance Create a special Memorial Day Dance to honor US military personnel.
28 Be the Teacher Share how to perform a locomotor skill with a younger sibling or neighbor.	29 Memorial Day Prepare a healthy snack with a Memorial Day theme.	30 Advice Ask your teachers how they plan to stay fit this summer. Offer suggestions if needed.	31 Workout Buddy Find a workout buddy and see if you can do partner squats, partner push and pulls, and partner sit-ups. Track how many you could do.	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 		