





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances</p> <ul style="list-style-type: none"> Alzheimer's & Brain Awareness Month National Safety Month 18: Autistic Pride Day 19: Juneteenth <p>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>		<p>This month think about all the activities you did throughout the year.</p> <p>How will you take care of your mind and body over the summer break?</p>	<p>1 Jump for Joy</p> <p>Complete an 8-minute jump workout (with a rope, jumping jacks, or pretend rope). Try to jump for 45 seconds and rest for 15 seconds. Choose as many different styles of jumps as you can.</p>	<p>2 Wellness Walk</p> <p>Walk: Go for a 20-minute walk. Walk for 10 minutes out and turn back for a 20-minute loop.</p>	<p>3 Rock Skipping Challenge</p> <p>Go to a large lake of water with a family member and skip rocks. See how many times you can skip a single rock above the surface before it sinks into the water.</p>	<p>4 Title IX Celebration</p> <p>Alice Coachman was the first Black woman to win an Olympic Gold medal (1948 London Games). Using the scissor technique, see how high you can high jump. Alice was able to jump 1.68m (5'6") in 1948.</p> 
<p>5 Chore Challenge</p> <p>Look around and see how you can help out at home and pick one chore to do without being asked to do it.</p>	<p>6 E.M.O.M. Training Technique for 5 minutes</p> <p>Every Minute on the Minute! Complete 20 jumping jacks, 10 squats & 5 pushups as quickly as you can. Rest until the minute is up. Then start again when the next minute begins.</p>	<p>7 Food Group Focus</p> <p>What is one food group you can do better at today? This week?</p>	<p>8 Title IX Celebration</p> <p>Wilma Rudolph was a world-record-holder sprinter and what the first American woman to win 3 gold medals in one Olympics (1960). How fast can you run the 100-meters? Wilma did in 11.2 seconds.</p> 	<p>9 Tik Tok Dance</p> <p>Record a 1–3-minute dance video of yourself on TikTok using your favorite song.</p>	<p>10 Smile</p> <p>Smiling can actually make you happier. Smile.</p>	<p>11 Title IX Celebration</p> <p>Althea Gibson was the first African American to win a Tennis Grand Slam and was a golf player. Grab a sibling or a friend and play at least 30 minutes of tennis.</p> 
<p>12 Juggle for Joy</p> <p>Find 3 small soft things to juggle (ex: ball of socks) and follow a beginner juggling tutorial to learn how to juggle! Here's a VIDEO</p>	<p>13 Cool Off</p> <p>To cool off a hot head, count to 10 and take a slow, deep breath between each number. This simple technique may help tame your temper and short-circuit a quick fuse.</p>	<p>14 Protein</p> <p>Have some type of vegetable protein with each meal today..</p>	<p>15 Title IX Celebration</p> <p>Florence Griffith Joyner set world records for the 100 and 200 meter in Seoul Olympic Games. How fast can you run the 200-meters? Flo-Jo did in 21.34.</p> 	<p>16 Tabata Training</p> <p>Go 20 seconds on with 10 seconds rest for each exercise. Do 1 upper body & then 1 lower body exercise. Keep alternating between these two moves.</p>	<p>17 Square Breathing (4-4-4 breath)</p> <p>Breathe in for a count of 4, then hold it for a count of 4, and then breathe out for a count of 4. Do this 10 times as you let go of stress from your body.</p>	<p>18 Title IX Celebration</p> <p>Tidye Pickett was the first African-American to compete in the Olympic Games (1936 Berlin). Complete 3 sets of 20 frog jumps.</p> 
<p>19 Encourage Someone</p> <p>Isn't it interesting how you always seem to feel better after helping someone else feel better? Whether you call a friend, write a few</p>	<p>20 Core Concept</p> <p>Perform 20 seconds of each core movement: Plank, Right Side Plank, Left Side Plank. Rest for 1 minute and Repeat 3 times.</p>	<p>21 Break from Tech</p> <p>For a few minutes, give your eyes and mind a rest by doing without a computer or cellphone.</p>	<p>22 Title IX Celebration</p>	<p>23 3-Pose Yoga Challenge</p> <p>With a friend or family member, balance on one leg like a tree for 1 minute each, and count how many times you drop your other</p>	<p>24 Something New</p> <p>Once a week, try something new. Listen to new music, learn some words in another language, or try a new food.</p>	<p>25 Title IX Celebration</p>

<p>kind words in a card or a text, taking a minute out to help someone can quickly boost your mood.</p>			<p>Cheryl D. Miller set the single game record of 105 points in a 1982 game against Notre Vista High School. Shoot 3 sets of 10 free throws counting how many you make each time out of 10.</p> 	<p>leg. The winner is the one who drops the supporting leg the least.</p>	<p>Flo Hyman was a volleyball player who won a silver medal in the 1984 Olympic Games. Working with a friend or a sibling, see how many times you can dig back and forth without dropping the ball.</p> 
<p>26 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>27 Standing Core Rotations 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>28 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>29 Title IX Celebration Earlene Brown was the first U.S. woman to medal in shot put (1960). Throw for Distance Activity: Throw a ball or frisbee 10 times. Mark your distance and try to meet or beat your distance each throw. Measure your final distance to celebrate how you did!</p> 	<p>30 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</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.</p>

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<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>