

Secondary Physical Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>NATIONAL OBSERVANCES</p> <ul style="list-style-type: none"> May 1st - May 7th National Sport and Physical Education Week May 1st - May 31st National Physical Fitness and Sport Month May 1st - 31st National Skin Cancer Prevention Month <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>			<p>1 Aces</p> <p>Assign different options to suits in a card deck. Pick a card and do the exercise that matches.</p>	<p>2 Kindness</p> <p>Give someone a compliment while you are doing a physical activity with them.</p>	<p>3 Share</p> <p>Share your favorite physical activity with classmates by participating in it together.</p>	<p>4 Beat the Heat</p> <p>Wake up early for an early morning walk around the neighborhood to beat the hot temperatures of the afternoon.</p>
<p>5 Roll With It</p> <p>Use a piece of exercise equipment with wheels – a bike, a skateboard, rollerblades – to explore the outdoors.</p>	<p>6 Be Kind to Your Muscles</p> <p>Ice down your muscles for 10-15 minutes after your workout to help recovery.</p>	<p>7 Park It</p> <p>Park further away from your destination to increase your walking distance today.</p>	<p>8 River Walk</p> <p>Find a park with a river and walking trail to enjoy with friends.</p>	<p>9 Push-Up</p> <p>Try to do push-ups in 3 different places today.</p>	<p>10 Healthy Eating</p> <p>Cook with a new fruit or vegetable today.</p>	<p>11 Get Up</p> <p>Explore open areas in your neighborhood by trying to fly a kite.</p>
<p>12 Party Time</p> <p>Host a sports party at your home by inviting your friends to play group games.</p>	<p>13 Playground Fun</p> <p>Visit a sliding board and play with friends at the park.</p>	<p>14 Bowl Away</p> <p>Go bowl. Or save water bottles and make your bowling lanes in your yard.</p>	<p>15 Climbing Up</p> <p>Try climbing a rock wall at a local park or climbing gym.</p>	<p>16 Partner Work</p> <p>Play catch with a friend or a family member.</p>	<p>17 Move to the Music</p> <p>Take a 30-second dance party to 10 different songs.</p>	<p>18 Late Night</p> <p>Take a moonlit walk or jog with friends.</p>
<p>19 Party Time 2</p> <p>Host friends for a sports party and follow it up with a healthy meal to be shared with all.</p>	<p>20 Work on Break</p> <p>Work on upper body strength by holding a plank position during commercials of your favorite TV show.</p>	<p>21 Ball Control</p> <p>Dribble a ball while taking a walk with a friend. Use your feet or hands.</p>	<p>22 Solid to the Core</p> <p>Ask a friend their favorite abdominal exercise to try at home.</p>	<p>23 Pose</p> <p>Hold a Yoga Squat Pose for 30 seconds.</p>	<p>24 Play Together</p> <p>Ask your family to share their favorite after school activities, then play one.</p>	<p>25 Starry Night</p> <p>Take a night time walk with family or friends and explore the stars in the sky while walking.</p>
<p>26 Fishing for All</p> <p>Explore local places to fish in your neighborhood with a trusted adult.</p>	<p>27 Remember</p> <p>Walk and talk with a family member about the sacrifices many made in service to our country.</p>	<p>28 Bike Ride</p> <p>Ride your bike with your friends. Don't forget to wear your helmet.</p>	<p>29 Weeding Out</p> <p>Volunteer to weed a garden to help a neighbor and get a workout.</p>	<p>30 Swim Safety</p> <p>Explore becoming a lifeguard.</p>	<p>31 Bike Ride</p> <p>Ride your bike with your friends. Don't forget to wear your helmet.</p>	