

MAY 2019

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 _____ Take a walk.	2 _____ A kiwi has ~60mg of vitamin C. Do 60 air punches.	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ Family Fun: Play your favorite PE activity.
5 _____ Do as many trunk-lifts as you can.	6 _____ Juggle a ball with your feet for 5 minutes.	7 _____ Perform jumping jacks, while naming words that start with "M".	8 _____ Take a walk.	9 _____ 1 Cup of broccoli has ~60mg of calcium. Do 60 air kicks.	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ Family Fun: Go to the park together.
12 _____ Do as many squats as you can.	13 _____ Spend 5 minutes tossing and catching a ball.	14 _____ Perform squats while someone calls out math problems for you to answer.	15 _____ Take a walk.	16 _____ Beans have ~500mg of potassium. Jog in place for the count to 500.	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ Family Fun: Take turns selecting an exercise to do together.
19 _____ Do as many push-ups as you can.	20 _____ Spend 5 minutes volleying a balloon in the air.	21 _____ Hold a plank while naming all the cities that you can think of.	22 _____ Take a walk.	23 _____ A half cup of blueberries has ~40 IUs of Vitamin A. Do 40 plank jacks.	24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	25 _____ Family Fun: Build an obstacle course.
26 _____ Do any work-out you want!	27 _____ Pick any sports skill and practice it for... you guessed it, 5 minutes!	28 _____ Name as many muscles in the body as you can while you jump in place.	29 _____ Take a walk.	30 _____ A serving of spinach has ~20mg of magnesium. Do 20 squat-thrusts.	31 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	

DEAM Days:

- "Super Sunday"
- "Move More Monday"
- "Two-on Tuesday"
- "Walking Wednesday"
- "Think-It Thursday"
- "Flexibility Friday"
- "Sit-less Saturday"

Please Remember

> Always get adult permission before doing any activity.

> Return calendar to your teacher at the end of the month.

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).

Directions:

After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).