**Moving in May: Physical Education Calendar**

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | 1  **Family Fun Friday**  Make up a dance.  Who has the best dance moves? | 2  **Softball Saturday**  Act like a pitcher.  Practice your underhand throw using a ball or pair of socks. |
| 3  **Sunday Special**  Go for a walk with your family and try to discover something new. | 4  **Make It Up Monday**  Make up a game where you must practice your kicking skills. | 5  **Toning Tuesday**  5 burpees, 5 push-ups, 5 jumping jacks, 5 lunges & 5 exercises of your own. | 6  **Wheelie Wednesday**  Review road safety and then skateboard, bike or roller blade. | 7  **Tossing Thursday**  Toss a ball or pair of socks at the wall.  Can you think of 7 different ways to catch it? E.g. 2 hands, clap then catch, etc. | 8  **Family Fun Friday**  Who in your family can hold a plank for the longest?  Side plank? | 9  **Skipping Saturday**  Go outside and practice your skipping or hopscotch. |
| 10  **Mother’s Day**  Do something nice for a special lady in your life.  Clean up your space. | 11  **Make It Up Monday**  Make up a game where you move like different animals?  E.g. Gorilla, Fish, etc. | 12  **Try It Tuesday**  Find 5 things to go over, under, around and through. | 13  **Wobbly Wednesday**  Practice your balance by walking forwards and backwards on a line. | 14  **Target Thursday**  Set up some toilet paper rolls or items to act as pins.  Practice your bowling skills. | 15  **Family Fun Friday**  Who in your family can do the most push-ups? Crunches? Squats? | 16  **Softball Saturday**  Get 4 items to act as bases & spread them out. Practice running around the bases.  How long does it take you? |
| 17  **Sunday Special**  Spend time with your family playing a game like charades, twister or hide and seek. | 18  **Victoria Day**  Make up a game where you must protect a Queen or save a Princess! | 19  **Toning Tuesday**  10 burpees, 10 high knees, 10 squats, 10 crunches and 10 exercises of your own. | 20  **Wheelie Wednesday**  Review road safety and then skateboard, bike or roller blade. | 21  **Tossing Thursday**  Toss a ball or pair of socks up in the air.  Can you catch it 21 times in a row? | 22  **Family Fun Friday**  Who can jump the farthest? Highest? Who can hop the fastest? | 23  **Skipping Saturday**  Set a timer, how long can you skip for?  Try again.  Can you beat your record? |
| 24  **Sunday Special**  Go for a walk with your family.  Who are 3 special people in your life? Write them a note or draw them a picture. | 25  **Make It Up Monday**  Make up a dance.  Can you include 4 different body parts? High and low movements? | 26  **Try It Tuesday**  Create your own obstacle course.  Can you include a jumping, throwing and balance activity? | 27  **Wobbly Wednesday**  Practice your balance.  Try balancing on your knees, one foot, or your belly.  How long can you balance? | 28  **Target Thursday**  Set up some targets (e.g. toilet paper rolls or water bottles).  Practice kicking a ball or pair of socks to knock them down. | 29  **Family Fun Friday**  Who in your family can juggle? Who has the coolest trick? | 30  **Softball Saturday**  Play a game of softball.  Use a pair of socks as a ball, your hand as a bat and items around your home for bases. |
| 31  **Sunday Special**  Pick one special activity to do with your family. |  |  |  |  |  |  |