**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.  |   |   |   |   |   |   |