





MAY

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

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

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).