MAY/JUNE

Physical Education Activities

Pro 5, K, 1st (Monday, Wednesday) …………. 2nd, 3rd, 4th (Tuesday, Thursday)

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| DATE | FITNESS ACTIVITY | SPORT CHALLENGE |
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| May 11 | Take a walk with your family | Pass a soccer ball with your feet to a friend or a tree |
| May 12 | Do 20 crunches | Dribble a soccer ball around the outside of your house |
| May 13 | Do 5 push-ups or hold the plank for 60 seconds | Dribble a soccer ball around the outside of your house |
| May 14 | Take a walk with your family | Pass a soccer ball with your feet to a friend or a tree. |
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| May 18 | Do 20 crunches | Dribble a basketball 5 times in a row with each hand |
| May 19 | Take a walk with your family | Dribble a basketball 10 times in a row with each hand |
| May 20 | Take a walk with your family | Shoot paper balls into a bucket or trash can. |
| May 21 | Do 10 push-ups or hold the plank for 60 seconds | Shoot a basketball into a hoop 10 times if you have a hoop |
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| May 25\*\*\* | Memorial Day |  |
| May 26 | Run in place for 10 minutes | Volley a balloon or volleyball into the air for 5 min. Go for your personal record |
| May 27 | Run in place for 10 minutes | Volley a balloon into the air for 5 min |
| May 28 | Do 20 crunches | Bump a balloon or volleyball with a partner |
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| June 1 | Hold the plank while saying your ABC’s or spelling your name | Toss a ball into the air and catch it with your hands |
| June 2 | Hold the plank while answering addition, subtraction, or multiplication problems | Set up a bucket or target and toss an object trying to hit your target |
| June 3 | Take a walk with your family | Play catch with a partner |
| June 4 | Take a walk with your family | Play catch with a partner |
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| June 8 | Take turns with a family member choosing an exercise to do | Choose your favorite sport to play outside |
| June 9 | Take turns with a family member choosing an exercise to do | Choose your favorite sport to play outside |
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