

# June

2020

## Hazen-White Saint Francis Physical Education Activities

### Stay Active-Stay Healthy!

Mr. Kelly would like all Huskies to know that he is very proud of all of their great work in physical education this year! Please remember to get outside as much as you can, and to practice your skills!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Make up a dance-who has the best moves? 	2 Practice your underhand throw with a pair of socks. 	3 Go for a walk and try to discover something new. 	4 Make up a game where you can practice your kicking skills.	5 Try to do 30 jumping jacks, 30 push-ups, and 30 sit-ups.	6 Get some chalk and make a hopscotch game. 
7 Clean your room, and practice breathing deeply as you go. 	8 Hold a plank while spelling your full name forwards and backwards. 	9 Practice your sprinting skills. Designate a start and finish line and get someone to time you.	10 Create your own mini golf course. Use objects around your home as obstacles and lay an empty toilet paper roll on its side for the hole.	11 With your family, play a game of tag or capture the flag. 	12 Hula-hoop, juggle or spin a basketball on your fingertips. What new skill will you learn?	13 Try walking heel-to toe from your kitchen to your bedroom. How many steps does it take you? Repeat going backwards.
14 Challenge your family or friends to a game of active tic-tac toe. Create a board with chalk and then use toys to act as your x's and o's.	15 Do a wall sit and count to 60. Remember to keep your back straight, and your tummy muscles tight. 	16 Do muscle stretches for your neck, shoulders, arms, and legs, and remember to take deep breaths and to relax!	17 Go for a slow, five-minute jog, and remember to breathe in through your nose, and out through your mouth.	18 Throw a ball up, and clap your hands before you catch it-remember to bend your knees!	19 Balance on one foot for twenty seconds-then balance on the other foot. Remember to keep your tummy muscles tight!	20 HAVE A GREAT SUMMER, AND STAY SAFE! 
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