

# May 2020

Stay Safe-Stay Healthy!

## Hazen-White/Saint Francis

## Physical Education

## Suggestions for May

Mr. Kelly knows you are doing a great job staying healthy, exercising every day, and having fun challenging yourself! Here are some more fun ways to exercise your mind and body-you can do it!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dance to a favorite song. 	2 Do 100 jumping jacks-time yourself!
3 Play basketball with a pair of socks! 	4 Walk around your neighborhood. 	5 Try to jump rope for one minute. 	6 Stand on one foot for one minute. Then try the other foot	7 Practice yoga poses for ten minutes. 	8 Create a scavenger hunt for someone in your home.	9 Go the whole day with no TV. Go outside and just listen to the world.
10 Try to do sit-ups or crunches for 30 seconds (three times)	11 Draw with sidewalk chalk, or just scrape a shape with a rock!	12 Go for a bike ride, or pretend you are riding a motorcycle around town.	13 Play catch with a family member. 	14 Make up your own healthy activity today.	15 Play charades in your home. 	16 Read a book while doing a wall sit. 
17 Play hide and seek. 	18 Build a fort-inside or outside! 	19 Do not stop moving for thirty minutes-walk, run, skip, jump, and hop.	20 Practice juggling with your hands, feet, knees, or head!	21 Keep a balloon up in the air as long as you can. 	22 Do push-ups or a plank for one minute-three times please!	23 Go for a 20-minute walk with a family member.
24 Practice jumping-measure how far you jump.	25 Create your own obstacle course. 	26 Set up some cans and knock them down bowling!	27 Hold a plank position and spell your full name-backwards!	28 Run around your house three times! 	29 Crab walk from the kitchen to your bedroom.	30 Practice breathing deeply for five minutes, then stretch your muscles.

Do our school warm-up (circle stretches, plank, crunches, balance, and running).

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