



ASD-S Phys. Ed. Calendar June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Mission Monday Hold a plank while spelling your full name forwards and backwards.</p>	<p>2 Track Tuesday Practice your sprinting skills. Designate a start and finish line and get someone to time you. How long does it take you to cross the finish line? Try 5 times. Can you improve your time?</p>	<p>3 Wheelie Wednesday Review road safety and then skateboard, bike or roller blade.</p> 	<p>4 Target Thursday 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. Using your foot, can you putt a small ball or rolled up piece of paper into the hole?</p>	<p>5 Family Fun Friday With your family, play a game of tag or capture the flag.</p>	<p>6 Soccer Saturday Using a soccer ball or pair of socks, try dribbling using the inside of your foot. Next, try the outside. Lastly, practice passing with a partner or off a wall.</p>
<p>7 Sunday Special Go for a walk or bike ride with your family. Try discovering a new trail or sidewalk in your neighborhood.</p>	<p>8 Mission Monday Think of a skill you want to learn and practice. E.g. hula hoop, juggle or spin a basketball on your fingertips. What new skill will you learn? Remember- practice makes progress!</p>	<p>9 Track Tuesday Using chalk or objects as markers, set up your own track outside in a safe location. Walk a few laps to warm-up and then time how long you can run before having to take a walk break?</p> 	<p>10 Wobbly Wednesday Try walking heel-to-toe from your kitchen to your bedroom. How many steps does it take you? Repeat going backwards.</p>	<p>11 Target Thursday Create your own washer toss using 2 different sized buckets or pots. Place the smaller object inside the larger one. Create a start line and use an underhand toss to try to throw a small object in the bucket.</p>	<p>12 Family Fun Friday 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.</p>	<p align="center">Have A Great Summer!!</p> 