

## ASD-S Phys. Ed. Calendar May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>Family Fun Friday</b> Make up a dance. Who has the best dance moves?	<b>2</b> <b>Softball Saturday</b> Act like a pitcher. Practice your underhand throw using a ball or pair of socks. How far can you throw?
<b>3</b> <b>Sunday Special</b> Go for a walk with your family and try to discover something new.	<b>4</b> <b>Make It Up Monday</b> Make up a game where you must practice your kicking skills.	<b>5</b> <b>Toning Tuesday</b> <b>Cinco de Mayo</b> 5 burpees, 5 push-ups, 5 jumping jacks, 5 lunges & 5 exercises of your own.	<b>6</b> <b>Wheelie Wednesday</b> Review road safety and then skateboard, bike or roller blade. 	<b>7</b> <b>Tossing Thursday</b> Toss a ball or pair of socks at the wall. Can you think of 7 different ways to catch it? E.g. 2 hands, clap then catch, etc.	<b>8</b> <b>Family Fun Friday</b> Who in your family can hold a plank for the longest? Side plank?	<b>9</b> <b>Skipping Saturday</b> Go outside and practice your skipping or hopscotch. 
<b>10</b> <b>Mother's Day</b> Do something nice for a special lady in your life. Clean up your space.	<b>11</b> <b>Make It Up Monday</b> Make up a game where you move like different animals? E.g. Gorilla, Fish, etc.	<b>12</b> <b>Try-it Tuesday</b> Find 5 things to go over, under, around and through. 	<b>13</b> <b>Wobbly Wednesday</b> Practice your balance by walking forwards and backwards on a line.	<b>14</b> <b>Target Thursday</b> Set up some toilet paper rolls or items to act as pins. Practice your bowling skills. 	<b>15</b> <b>Family Fun Friday</b> Who in your family can do the most push-ups? Crunches? Squats?	<b>16</b> <b>Softball Saturday</b> Get 4 items to act as bases & spread them out. Practice running around the bases. How long does it take you?
<b>17</b> <b>Sunday Special</b> Spend time with your family playing a game like charades, twister or hide and seek.	<b>18</b> <b>Victoria Day</b> Make up a game where you must protect a Queen or save a Princess!	<b>19</b> <b>Toning Tuesday</b> 10 burpees, 10 high knees, 10 squats, 10 crunches and 10 exercises of your own.	<b>20</b> <b>Wheelie Wednesday</b> Review road safety and then skateboard, bike or roller blade.	<b>21</b> <b>Tossing Thursday</b> Toss a ball or pair of socks up in the air. Can you catch it 21 times in a row?	<b>22</b> <b>Family Fun Friday</b> Who can jump the farthest? Highest? Who can hop the fastest?	<b>23</b> <b>Skipping Saturday</b> Set a timer, how long can you skip for? Try again. Can you beat your record?
<b>24</b> <b>Sunday Special</b> Go for a walk with your family. Who are 3 special people in your life? Write them a note or draw them a picture.	<b>25</b> <b>Make It Up Monday</b> Make up a dance. Can you include 4 different body parts? High and low movements?	<b>26</b> <b>Try-it Tuesday</b> Create your own obstacle course. Can you include a jumping, throwing and balance activity?	<b>27</b> <b>Wobbly Wednesday</b> Practice your balance. Try balancing on your knees, one foot, or your belly. How long can you balance?	<b>28</b> <b>Target Thursday</b> Set up some targets (e.g. toilet paper rolls or water bottles). Practice kicking a ball or pair of socks to knock them down.	<b>29</b> <b>Family Fun Friday</b> Who in your family can juggle? Who has the coolest trick?	<b>30</b> <b>Softball Saturday</b> Play a game of softball. Use a pair of socks as a ball, your hand as a bat and items around your home for bases.
<b>31</b> <b>Sunday Special</b> Pick one special activity to do with your family.						