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| Name: | Teacher: |

***Purpose:*** *This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle.* *Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

***Directions:*** *After a student completes a day’s activity, adults make a check mark and initial in the space provided.*



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| * **Done**
 | **Day** | **DEAM Activity** |
|  | 17 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 18 | Play with a friend. Middle school play catch with a football or hit a tennis ball back and forth. |
|  |  19 | Do 19 curl-ups, pushups, jumping jacks and run in place for 1 minute. Middle school run around the house outside 5 times. Do 2 planks for 30 seconds. |
|  | 20 | March Madness: Shoot baskets or throw any ball 64 times. |
|  | 23 | Play catch with any kind of ball for 15 minutes. |
|  | 24 | Take a walk with family after supper. Or shoot hoops or soccer for 20 minutes |
|  | 25 | Kids should be active sixty minutes EVERY day! Do 20 jumping jacks and 20 curl-ups. |
|  | 26 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Run around your house 2 times. |
|  | 27 | Play a game that is active. You decide what that is. |
|  | 30 | Run in place 3 sets of 1 minute. Do two Planks for 30 seconds each. |
|  | 31 | Kick a soccer ball or any ball back and forth to a partner for 20 minutes |
|  |  | **APRIL** |
|  | 1 | Go to park play on swings or pick a game to play. |
|  | 2 | Do as many pushups as you can or curl-ups. Mark how many you did\_\_\_\_\_\_\_\_ |
|  | 3 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
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|  |  | **Please Remember*** Always get adult permission before doing any activity.
* Return calendar to your teacher on April 6, 2020.
* Main thing, exercise each day.
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