

# APRIL

## DEAM Calendar

### DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Did you know? MVPA stands for Moderate - Vigorous Physical Activity Kids should get 60 minutes of MVPA every day!</i>						1 _____ Do something fun outside!
2 _____ Do as many curl-ups as you can.	3 _____ Spring into Action: Find someone to do 20 jumping jacks with you.	4 _____ Say your math facts while doing reverse lunges.	5 _____ Take a walk.	6 _____ Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ Help a neighbor or friend with some spring cleaning!
9 _____ Do as many trunk-lifts as you can.	10 _____ Spring into Action: Find 2 people. Do 20 jumping jacks with each.	11 _____ Do push-up shoulder taps while reciting your spelling words.	12 _____ Take a walk.	13 _____ Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ Using an old container, gather soil, and plant flowers seeds.
16 _____ Do as many squats as you can.	17 _____ Spring into Action: Find 3 people. Do 20 jumping jacks with each.	18 _____ Perform squat-jumps while naming the continents.	19 _____ Take a walk.	20 _____ Did you know donuts have ~280 calories? Jog in place for a 280 count.	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ Get 60 minutes of MVPA. You choose how!
23 _____ Do as many push-ups as you can.	24 _____ Spring into Action: Find 4 people. Do 20 jumping jacks with each.	25 _____ Read a book while doing a wall sit.	26 _____ Take a walk.	27 _____ Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ Invent a game and try it out!
30 _____ Do any work-out you want!						

### DEAM Days:

"Super Sunday"  
 "Move More Monday"  
 "Two-on Tuesday"  
 "Walking Wednesday"  
 "Think-It Thursday"  
 "Flexibility Friday"  
 "Sit-less Saturday"

### Please Remember

> Always get adult permission before doing any activity.  
 > Return calendar to your teacher after the month.

### Purpose:

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).*

### Directions:

*After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).*