

APRIL 2018

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

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

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 at the end of 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).