

# MAY 2018

## DEAM Calendar

*DROP EVERYTHING AND MOVE*

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____ Say your math facts while doing reverse lunges.	2 _____ Take a walk.	3 _____ A kiwi has ~60mg of vitamin C. Do 60 air punches.	4 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	5 _____ Family Fun: Play your favorite PE activity.
6 _____ Do as many trunk-lifts as you can.	7 _____ Juggle a ball with your feet for 5 minutes.?	8 _____ Do push-up shoulder taps while reciting your spelling words.	9 _____ Take a walk.	10 _____ 1 Cup of broccoli has ~60mg of calcium. Do 60 air kicks.	11 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	12 _____ Family Fun: Go to the park together.
13 _____ Do as many squats as you can.	14 _____ Spend 5 minutes tossing and catching a ball.	15 _____ Perform squat-jumps while naming the continents.	16 _____ Take a walk.	17 _____ Beans have ~500mg of potassium. Jog in place for the count to 500.	18 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	19 _____ Family Fun: Take turns selecting an exercise to do together.
20 _____ Do as many push-ups as you can.	21 _____ Spend 5 minutes volleying a balloon in the air.	22 _____ Read a book while doing a wall sit.	23 _____ Take a walk.	24 _____ A half cup of blueberries has ~40 IUs of Vitamin A. Do 40 plank jacks.	25 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	26 _____ Family Fun: Build an obstacle course.
27 _____ Do any work-out you want!	28 _____ Pick any sports skill and practice it for... you guessed it, 5 minutes!	29 _____ Name as many muscles in the body as you can while you jump in place.	30 _____ Take a walk.	31 _____ A serving of spinach has ~20mg of magnesium. Do 20 squat-thrusts.		

### 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).*