

# MAY2020

SUBJECT Daily Physical Activity TEACHER Mrs. McIntyre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>Goal:</b></p> <p>Two 30min body breaks a day or more!</p>				<p><b>1</b></p> <p>Jump Rope: See how many jumps you can get in a row. Keep track!</p>	<p><b>2/3</b></p>
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<p><b>4</b></p> <p>Block Walk: Pick a colour or letter and count what you can find on your block.</p>	<p><b>5</b></p> <p>Bounce: Find a ball to bounce on a fence or outdoor wall. Practice bounce/catch.</p>	<p><b>6</b></p> <p>Dance: Make your own dance routine, use your family as group dancers</p>	<p><b>7</b></p> <p>Squats: Every time someone says your name, do 5 squats. 😊</p>	<p><b>8</b></p> <p>Jump Rope: See how many jumps you can get in a row. Write it below!</p>	<p><b>9/10</b></p> <p><i>My Birthday!</i></p>
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<p><b>11</b></p> <p>Dance Party: Pick a song and dance to the very end!</p>	<p><b>12</b></p> <p>Freeze: anytime your family says FREEZE, you must! For 3 seconds.</p>	<p><b>13</b></p> <p>Jump: anytime your family says JUMP, you must! 3 times.</p>	<p><b>14</b></p> <p>Sock Basketball: get a few pairs of socks and toss them into a laundry basket, back up and try again!</p>	<p><b>15</b></p> <p>Jump Rope: Are you improving? Write down your number!</p>	<p><b>16/17</b></p>
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<p><b>18</b></p> <p>Block Walk: with a partner, each pick a colour to count, see who wins! (no green, no grey)</p>	<p><b>19</b></p> <p>Act it out: Practice acting out emotions, get family to guess the answer</p>	<p><b>20</b></p> <p>Dance: ask your family to teach you a dance from when they were young.</p>	<p><b>21</b></p> <p>Shout it: in your yard, shout out all the things you can see. GRASS! TREE!</p>	<p><b>22</b></p> <p>Jump Rope: How many jumps can you get in a row? Keep going!</p>	<p><b>23/24</b></p>
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<p><b>25</b></p> <p>Dance Party: Pick a song and dance to the very end!</p>	<p><b>26</b></p> <p>Hide and seek: play in your yard or in your house with your family</p>	<p><b>27</b></p> <p>Fast Feet: put some shoes in a line, see how many times you can jump over and back in 60 seconds.</p>	<p><b>28</b></p> <p>Ninja: move around your house sneaky, silent! Practice, jump, roll, and tiptoe</p>	<p><b>29</b></p> <p>Jump Rope: Last chance! How many jumps can you get today?</p>	<p><b>30/31</b></p>
notes					

## Students and Parents:

Use this in the way that is most helpful to you. These daily physical activity ideas could really be done in any order. You can swap one out for another activity your family was planning to do or something you like better. Some activities need adult supervision, such as walks around the block. I would love to see emails or pictures! Don't be afraid to email me: [cheryl.mcintyre@lethsd.ab.ca](mailto:cheryl.mcintyre@lethsd.ab.ca) or to check out my Teacher Webpage on our school website for daily videos.