





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances</p> <ul style="list-style-type: none"> Alzheimer's & Brain Awareness Month National Safety Month 18: Autistic Pride Day 19: Juneteenth <p>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>		<p>This month think about all the activities you did throughout the year.</p> <p>How will you take care of your mind and body over the summer break?</p>	<p>1 Tiger Challenge Jump rope to your favorite song without taking a break.</p>	<p>2 Bird Search Walk Go on a walk-in nature and identify 5 different birds you see. Draw a picture of each one.</p>	<p>3 Moon Meditation At night, go outside and meditate for 10 minutes sitting in pretzel style under the moon with your eyes closed and hands on your knees. Focus on breathing in and out with deep breaths.</p>	<p>4 Title IX Celebration Alice Coachman was the first Black woman to win an Olympic Gold medal (1948 London Games). Jump rope 10 times on your right foot then 10 times on your left. How many times can you alternate before messing up?</p> 
<p>5 Exercise Snack Take an exercise snack break from watching TV. Get up on the commercials and do 2 sets of 10 reps of your choice of exercise (i.e., jumping jacks, pushups, crunches, jump squats).</p>	<p>6 Creative Clouds Make a healthy lunch and go on a picnic with a friend or family member. Together look up at the clouds and identify how many different objects or animals you can see in the clouds.</p>	<p>7 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>8 Title IX Celebration Wilma Rudolph was a world-record-holder sprinter and what the first American woman to win 3 gold medals in one Olympics (1960). Perform 10 high knees, 10 jump ropes and sprint for 10 yards. Repeat AMRAP for 10 minutes. Record the number of rounds completed.</p> 	<p>9 Crab Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>10 Grateful Hopscotch Using colored chalk, draw your own hopscotch for you and a friend or family member to play hopscotch. Every time you complete a hopscotch, you say one thing you are grateful for about your friend or family member you are playing with.</p>	<p>11 Title IX Celebration Althea Gibson was the first African American to win a Tennis Grand Slam and was a golf player. Blow up a balloon and with a partner hit it back and forth. Use forehand and backhand.</p> 
<p>12 Break from Tech For a few minutes, give your eyes and mind a rest by doing without a computer or cellphone.</p>	<p>13 Tik Tok Dance Record a 1–3-minute dance video of yourself on TikTok using your favorite song.</p>	<p>14 Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>15 Title IX Celebration Florence Griffith Joyner set world records for the 100 and 200 meter in Seoul Olympic Games. Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>16 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>17 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3 X</p>	<p>18 Title IX Celebration Tidye Pickett was the first African-American to compete in the Olympic Games (1936 Berlin). Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> 

<p>19 Something New Once a week, try something new. Listen to new music, learn some words in another language, or try a new food.</p>	<p>20 Juggle for Joy Find 3 small soft things to juggle (ex: ball of socks) and follow a beginner juggling tutorial to learn how to juggle! Here's a VIDEO</p>	<p>21 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>22 Title IX Celebration Cheryl D. Miller set the single game record of 105 points in a 1982 game against Notre Vista High School. On your driveway or street, work on your left, right and switching hands dribbling. Work on a new dribbling move. How many moves do you have?</p> 	<p>23 Encourage Someone Isn't it interesting how you always seem to feel better after helping someone else feel better? Whether you call a friend, write a few kind words in a card or a text, taking a minute out to help someone can quickly boost your mood.</p>	<p>24 Square Breathing (4-4-4 breath) Breathe in for a count of 4, then hold it for a count of 4, and then breathe out for a count of 4. Do this 10 times as you let go of stress from your body.</p> 	<p>25 Title IX Celebration Flo Hyman was a volleyball player who won a silver medal in the 1984 Olympic Games. Using a volleyball or balloon, work with a partner to keep it up. You must alternate hits.</p> 
<p>26 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>	<p>27 Food Group Focus What is one food group you can do better at today? This week?</p>	<p>28 Cool Off To cool off a hot head, count to 10 and take a slow, deep breath between each number. This simple technique may help tame your temper and short-circuit a quick fuse.</p>	<p>29 Title IX Celebration Earlene Brown was the first U.S. woman to medal in shot put (1960). Throw for Distance Activity: Throw a ball or frisbee 10 times. Mark your distance and try to meet or beat your distance each throw. Measure your final distance to celebrate how you did!</p> 	<p>30 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.</p>	

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<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>