

Drop Everything and Move!!!

Name:

Teacher:

Purpose:

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After the student completes a day's activity, put a STAR in the space provided.

✓ Done	Day	DEAM Activity
	1	Take a walk.
	2	Do 60 air punches.
	3	Do 25 Mountain Climbers
	4	Family Fun: Play your favorite physical education activity with your family.
	5	Do as many trunk-lifts as you can.
	6	Lay on your back with your feet off the ground. (Straight legs) Hold for 30 seconds
	7	Do 50 jumping jacks (3 rd -5 th) 25 jumping jacks (K-2 nd)
	8	Take a walk. Go a little further than your last walk.
	9	Do 60 air karate kicks.
	10	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	11	Measure a length of about 50 meters in your yard. Sprint then walk back 5 times
	12	Do as many squats as you can.
	13	Spend 5 minutes tossing and catching a ball.
	14	Perform squats while someone calls out math problems for you to answer.
	15	Take a walk. . Go a little further than your last walk.
	16	Jog in place as you count to 100. Can you do 200?
	17	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	18	Family Fun: Take turns selecting an exercise to do together.
	19	Do as many push-ups as you can.
	20	Spend 5 minutes volleying a balloon (or ball) in the air.
	21	Hold a plank for as long as you can.
	22	Take a walk. . Go a little further than your last walk.
	23	Do 10 lunges.
	24	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	25	Family Fun: Build an obstacle course together.
	26	Do any workout you want!
	27	Pick any sports skill (dribbling, throwing, kicking, etc.) and practice it 5 minutes!
	28	Do 10 Windmills (toe touchers)
	29	Take a walk. . Go a little further than your last walk.
	30	Do as many curl-ups as you can in a minute.
	31	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.