



Mrs. Smalley's May 2024 Fitness Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
28: 	29:	30:	1: Set a goal How many days can you be active in May? Write it in this square. Keep Moving this whole month!	2: Boogie Brush While brushing your teeth move your hips in the same motion as your toothbrush.	3: Kindness Complete 5 Acts of Kindness throughout your day.	4: Flip a Coin Saturday Flip a coin - Heads: perform 5 squats Tails: perform a 20 second. plank.
5: Cat Pose On all fours round your back pulling you spine towards the ceiling while looking at the ground.	6: Walking Race Pick a distance and challenge a friend to a speed walking race.	7: Kick City 10 side kicks 10 front kicks 10 back kicks. Be sure to do 10 on each side!	8: Cardio & Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat.....	9: Mindful Minute 60 seconds, clear your mind & focus on your breathing. If your mind wanders, bring attention back to your breathing.	10: Balancing Books Can you walk while you balance a book on your head? What about 2 books?	11: Dribble Challenge Dribble a ball 100 times with each hand.
12: Create a Game Use your imagination and make up a game using a ball, sock, and a jump rope.	13: Cardio & Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat.....	14: Family Help Choose an activity that helps the family, but also benefits your body. (vacuuming, raking leaves, taking out garbage).	15: Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.	16: Outside > TV Today, make sure you are outside more than you watch TV today!	17: Crazy 8's 8 jumping jacks 8 lunges - 8 squats Tree Pose (hold for 8 seconds) Repeat....	18: Jump, Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat twice!
19: Underhand Toss Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.	20: Cat Pose On all fours round your back pulling you spine towards the ceiling while looking at the ground.	21: High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.	22: Recharge Avoid using technology two hours before bed. Did you sleep better?	23: Commercial Break Can you hold a plank for an entire commercial?	24: Family Help Choose an activity that helps the family, but also benefits your body. (vacuuming, raking leaves, taking out garbage).	25: Chair Pose Hold for 30 seconds, relax then repeat. 
26: No Screen Sunday Go the whole day without using a phone, tablet, or computer.	27: Dribble Challenge Dribble a ball 100 times with each hand.	28: I'm Awesome! Write down 3 things about yourself you're proud of.	29: Stretch it out!! Take some time to stretch out your body! Arms, legs, neck, and back.	30: Kick City 10 Sidekicks 10 Front kicks 10 Back kicks -10 on each side!	31: Jump, Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat twice.	1: 

Here are a few ideas to keep you moving daily! Have fun!