



**MAY 1 - 7**

**Save the  
Date!**

# **NATIONAL PE & Sport Week**



**You're Invited!**

**Join your child's PE class during  
National PE & Sport Week.**

# PE AND SPORTS WEEK ACTIVITY CALANDER

<b>THURSDAY</b> <b>MAY 1</b>	<b>TEAMWORK</b> <b>THURSDAY</b>	<b>WEAR YOUR FAVORITE TEAM</b> <b>OR SPORTS JERSEY TO PE</b>
<b>FRIDAY</b> <b>MAY 2</b>	<b>FUN FRIDAY</b>	<b>CREATE A GAME OR</b> <b>WORKOUT AS PE CLASS</b> <b>WITH RULES AND</b> <b>GUIDELINES AND PLAY OR</b> <b>DO THE ACTIVITY</b>
<b>SATURDAY</b> <b>MAY 3</b>	<b>PE AT HOME</b>	<b>COMPLETE THE WORKOUT</b> <b>AT HOME: 25 OF EACH</b> <b>JUMPING JACKS SQUATS</b> <b>PUSH UPS SITUPS LUNGES</b>
<b>SUNDAY</b> <b>MAY 4</b>	<b>SUNDAY FUNDAY</b>	<b>INVITE FRIENDS AND FAMILY</b> <b>TO PLAY A GAME OR A</b> <b>SPORT</b>
<b>MONDAY</b> <b>MAY 5</b>	<b>MINDFUL</b> <b>MONDAY</b>	<b>LET'S TAKE A MINDFUL</b> <b>WALK AND DO SOME</b> <b>MINDFUL STRETCHES</b>
<b>TUESDAY</b> <b>MAY 6</b>	<b>TEAM UP</b> <b>TUESDAY</b>	<b>TEAM UP AND LETS PLAY</b> <b>SOME KICKBALL!!!</b>
<b>WEDNESDAY</b> <b>MAY 7</b>	<b>WORKOUT</b> <b>WEDNESDAY</b>	<b>WEAR YOUR FAVORITE</b> <b>WORKOUT TSHIRT AND</b> <b>APPROPRIATE SHORTS AND</b> <b>LETS GET A WORKOUT IN!!!</b>

