



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 CALENDAR

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

