

June 2024

Secondary Health & Physical Education Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|--|--|
| National Health Observances: <ul style="list-style-type: none"> Alzheimer's & Brain Awareness Month National Safety Month 18: Autistic Pride Day 19: Juneteenth | | This month be mindful of all the activities you do each day. How will each activity help take care of your mind and body over summer break? | | 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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) | | 1 Get Outside! Celebrate Summer by playing outside with friends or family for 30-60 minutes! |
| 2 Plan a Warm-up! Warming up before exercise is important to staying safe during your workout. Plan a 5-minute warm up with light cardio and stretches. | 3 Podcast it! Put on your favorite podcast and be active. Try to be active for at least 60 minutes. | 4 Your Why! Share why you choose to do physical activity with at least 3 people! | 5 H2O Station! Hydrate by only drinking water all day today! | 6 Summer Livin' Develop a plan for ways to stay physically active throughout the summer! | 7 Yoga Trio! Improve your balance & flexibility by trying out this Yoga trio! Tree Pose Warrior 1 Triangle Pose | 8 Fitness goals Write down 3 things you would like to increase your fitness levels this summer: Muscular Strength? Endurance? Flexibility? You've got this! |
| 9 Safety First Demonstrate correct form for an exercise and state why it is important to use the correct form. | 10 Just Dance Put your favorite song on and make up a dance or fitness routine! recruit your family as back up dancers! | 11 Express yourself Set an attainable goal to express your feelings and thoughts respectfully. | 12 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, refocus on your breathing. | 13 Gratitude Write down 5 things that you are grateful for today. If it involves another person, share it with them! | 14 Tabata This! For 4 Minutes, Work for 20 seconds, Rest for 10 seconds, alternating between High Knees and Mountain Climbers! | 15 AMRAP Complete "As Many Rounds As Possible" in 20 minutes! GO! 10 Burpees 20 Squat Jumps 20 Step-out Lunges 20 Russian Twists |
| 16 Bike Safety promote the importance of wearing a helmet and safety gear either to friends, family, or community. | 17 Home cross country create a course around your house to mimic a cross country course, see how many laps or steps you can do in 30 minutes. | 18 Autistic Pride Day Learn more about Autism Spectrum Disorder (ASD) and Autistic Pride Day . How can you be more inclusive specifically of individuals with ASD? | 19 Juneteenth Using the link below, learn about Juneteenth. Go for a walk with a family member or friend and discuss why this is an important holiday in our country. Juneteenth | 20 Brain Boost Exercise boosts your body AND your brain! Pick your favorite activity to do for 30 minutes. | 21 Tech Free Friday Take a break from any technology today and spend time outside with a family member or friends | 22 Superset Saturday Perform 3 sets of 60sec: Jumping Jacks/Squats Mtn Climbers/Lunges Skiers/Forearm Plank |
| 23 Title IX In honor of celebrating Title IX today, research your favorite female athlete and share what you learn with a family member or friend! | 24 Cardio boxing incorporate jabs, cross body, upper cuts, ducks, and dodges | 25 Secret support write a letter to a family member or friend and leave it where they will find it as a surprise. | 26 Equipment Check List as many pieces of safety equipment you can think of; bonus points if you have them in your house | 27 Identify a constellation Go outside at night and identify a constellation of stars in the sky. Draw it, write down its name, and share with a friend. | 28 Book It Find a quiet place with your favorite book and read for 30 minutes today. | 29 Fitness Vibe Perform 5 sets! 10 Mountain Climbers 10 Squat Jumps 10 Push-ups 10 Jump Lunges 10 Bicycle Crunches |
| 30 Meal Plan New Month tomorrow! Plan your meals for the next week, including breakfast, lunch, dinner, and snacks for each day. | | | | | | |