

MAY 1 - 7

NATIONAL PE & Sport Week



Grades K-5

Spirit Week Activity Calendar

May
1

Teamwork Thursday

Wear your favorite sports teams' colors/gear or represent your favorite physical activity.

Daily Activity: Partner Challenge

Sit back-to-back with a friend and link arms. Try to stand up without unlinking arms.

May
2

Friendly Friday

Yellow is the color of friendship. Plan to wear yellow today to represent kindness and being inclusive of everyone in school.

Daily Activity: You Choose!

Participate in an activity of your choice today, but be sure to include someone you don't normally play with.

May
3

PE at Home

While you're home today, play a game or do an activity you learned in PE. Teach it to someone in your house!

Daily Activity: A Quarter's Worth

How much is a quarter worth? Complete 25 of the following:

- * Skip
- * Lift Knees
- * Jump
- * Walk Backwards

May
4

Sunday Funday

Wear a fun outfit and do something you think is fun today!

Daily Activity: Parachute

With a friend or family member, use a bed sheet like you may have used a parachute in PE. Lift the sheet up and down to move air underneath it.

May
5

Mindful Monday

Wear something that makes you feel calm and relaxed, like your comfiest clothes or pajamas. What about this outfit makes you feel calm? What do you notice about how it feels?

Daily Activity: Mindful Walk

Walking is a simple and great exercise for everyone. Today go for a walk with a parent, caregiver or friend. What do you see, smell, feel, hear, taste?

May
6

Dress Like a Teacher

Dress like a teacher today to show them how thankful you are for all their hard work. Put in "extra credit" and write your teacher a thank you note!

Daily Activity: Freeze Dance

Have someone start and stop music. When the music is on, dance. When the music is off, strike a silly pose.

May
7

Work Out Clothes Wednesday

Wear your favorite clothes to be active in!

Daily Activity: Walk Race

Challenge a friend to a walking race!