

MAY 1 - 7

# NATIONAL PE & Sport Week



Grades 6-12

## Spirit Week Activity Calendar

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### Teamwork Thursday

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

### Daily Activity: Attached at the Hip

Place a ball between you and partner's side of the hip (or back). Try to walk across the room without letting the ball drop.

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### 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: Cat-Cow Stretch

On all fours, arch your back and look up with your head while your tummy is pushed toward the ground. Then round your back, pulling your spine toward the ceiling while looking at the ground.

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### 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: Hand Tennis

With a partner, use a balloon, beach ball, or paper ball and hit it back and forth using your hand as a racquet.

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### Sunday Funday

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

### Daily Activity: Up & Squat Challenge

Any time you get up from your seat today, complete 5 squats before moving.

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### 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: Stay Mindful!

It's important to be mindful of how our body feels before, during, and after physical activity.

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### 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: Chair Pose

Stretch arms up by your ears and bend at the knees as if you are going to sit in a chair. Hold for 30 seconds, relax, then repeat four times.



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### Work Out Clothes Wednesday

Wear your favorite clothes to be active in!

### Daily Activity: Mindful Walk

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