

## Pre-K Physical Fit and Healthy Calendar for May 2020

If you have access to a printer, you can print the calendar. If not, it is ok. You can still do the activity with your child. 😊

**\*\*Each time you complete an activity, color that square.\*\***

Number of completed fitness/healthy blocks: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Drink milk or water	<b>2</b> Skip outside and count to 20
<b>3</b> Squat like a frog and hop 10 times	<b>4</b> Play Simon Says	<b>5</b> Try a new fruit today	<b>6</b> Play Hide and Go Seek	<b>7</b> Help make your bed	<b>8</b> Build a fort outside or inside	<b>9</b> Make dinner with your family
<b>10</b> Play follow the leader	<b>11</b> Make an obstacle course outside or inside	<b>12</b> Help clean up your toys	<b>13</b> Play Ring Around the Rosie (fast and slow)	<b>14</b> Try a new breakfast food today	<b>15</b> Play tag outside	<b>16</b> Drink milk or water
<b>17</b> Hop on 1 foot for 10 seconds	<b>18</b> Sing the Hokey Pokey with body parts	<b>19</b> Go on a nature walk outside	<b>20</b> Dance to music	<b>21</b> Drink milk or water	<b>22</b> Play catch with a ball or kick a ball outside	<b>23</b> Try a new vegetable today
<b>24</b> Ride your bike, scooter, or skate outside	<b>25</b> Relay races outside	<b>26</b> Drink milk or water today	<b>27</b> Choose an animal and move like that animal	<b>28</b> Make lunch with your family	<b>29</b> Count how long you can balance on 1 leg	<b>30</b> Choose a healthy snack
<b>31</b> Leg raises-10 for each leg						

**\*\*Draw a picture of your favorite activity on the back of this paper.\*\***