



# GET FIT SUMMER



## K-5 CHALLENGE

# 10 A DAY

P.E. Activities & Daily Exercise Tracker For Kids



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dance Moves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sit Ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Karate Kicks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Push Ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jumping Jacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frog Jumps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toe Touches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arm Circles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bunny Hops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Knees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# JUNE DEAM Calendar

Drop Everything And Move

**JUMP IN**  
with both feet

**Purpose:**

*This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).*

√Done	Day	DEAM Activity	√Done	Day	DEAM Activity
	1	Enjoy the great outdoors!		16	Do as many squats as you can.
	2	Do as many curl-ups as you can.		17	Use sidewalk chalk to draw a maze. Challenge an adult.
	3	Use sidewalk chalk to make a hopscotch board.		18	Perform squat-jumps while naming bones in the body.
	4	Call out words that rhyme with "pop" while you hop in place.		19	Take a walk.
	5	Take a walk.		20	June is Dairy Month. Enjoy a serving of dairy.
	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).		21	Pick 5 different muscles to stretch. Hold each for 20 seconds.
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.		22	Lightning Safety Week: Play outside if it is SAFE!
	8	It's National Gardening Week. Plant something!		23	Do as many push-ups as you can.
	9	Do as many trunk-lifts as you can.		24	Use sidewalk chalk to invent a game! Play the game with a neighbor.
	10	Use sidewalk chalk to make a 2-square game and challenge a friend.		25	Read a book while doing a wall sit.
	11	Do push-up shoulder taps while someone calls out words for you to spell.		26	Take a walk.
	12	Take a walk.		27	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	13	June is Dairy Month. Enjoy a serving of dairy.		28	Pick 5 different muscles to stretch. Hold each for 20 seconds.
	14	Pick 5 different muscles to stretch. Hold each for 20 seconds.		29	Help someone with their chores!
	15	Go on a hike!		30	Do as many star-jumps as you can.

✓Done	Day	DEAM Activity	✓Done	Day	DEAM Activity
	1	Summer Fun: Do anything you enjoy that involves MVPA.		16	Read a book while standing or walking in place.
	2	Read a book while standing or walking in place.		17	Take a walk.
	3	Take a walk.		18	Think about what you eat. Make at least 3 healthy choices today.
	4	Think about what you eat. Make at least 1 healthy choice today.		19	Do some yoga today. Search YouTube for ideas.
	5	Do some yoga today. Search YouTube for ideas.		20	July is Ice Cream Month. Stay active and reward yourself with a treat!
	6	July is Picnic Month. Pack a lunch and take a hike!		21	Do as many reps of the same exercise from July 7th. Track your progress.
	7	Do as many reps as you can of any exercise. Track your progress.		22	Summer Fun: Do anything you enjoy that involves MVPA.
	8	Summer Fun: Do anything you enjoy that involves MVPA.		23	Read a book while standing or walking in place.
	9	Read a book while standing or walking in place.		24	Take a walk.
	10	Take a walk.		25	Think about what you eat. Make at least 4 healthy choices today.
	11	Think about what you eat. Make at least 2 healthy choices today.		26	Do some yoga today. Search YouTube for ideas.
	12	Do some yoga today. Search YouTube for ideas.		27	July is Blueberry Month. Remember to get 3 servings of fruit today.
	13	July is Anti-Boredom Month. Stay active today!		28	Do as many reps of the same exercise from July 7th. Track your progress.
	14	Do as many reps of the same exercise from July 7th. Track your progress.		29	Summer Fun: Do anything you enjoy that involves MVPA.
	15	Summer Fun: Do anything you enjoy that involves MVPA.		30	Read a book while standing or walking in place.
				31	Take a walk.

### Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.