

APRIL Calendar



Name:


Teacher:

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision). After a student completes a day's activity, an adult should make a check mark and initial in the space provided.

Please Remember

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

Video Fitness Activities & Demos	✓ Done	Day	Calendar Activity
Watch this activity demo on 		1	Spring into Action: Find someone to do Would You Rather? Spring Edition with you.
Watch this activity demo on 		2	Stand and read for 10 minutes. Now, click the link and let's Count to 120 BY 2 .
Watch this activity demo on 		3	Have a Freeze Dance Party with a family member.
Watch this activity demo on 		4	Spring into Action: Get your day started with Spell Sight Words with FORTNITE!
Watch this activity demo on 		5	Did you know soda has ~39 grams of sugar? Let's do the Black Panther Fun Run.
Watch this activity demo on 		6	Spring into Action: Find someone to play the Solar System Addition Workout Game.
Watch this activity demo on 		7	Spring into Action: Find a workout partner for Would You Rather? Food Edition.
Watch this activity demo on 		8	Spring into Action: Find someone to play the 4X Multiplication Workout Game.
Watch this activity demo on 		9	Practice spelling common sight and high-frequency words while doing FORTNITE Dances!
Watch this activity demo on 		10	Happy Easter! Let's get our Spring Freeze Dance Yoga Party going!



Plan an activity each day with your child. Here are some fun, affordable ideas to get you started...

- Have a campout in the yard. Pitch a tent and barbecue outside.
- Feed the ducks. Find a local pond and don't forget the camera!
- Take a Spring hike adventure to explore science and nature.
- Bring spring inside. Plant flowers in little pots that the kids have decorated.
- Plan an afternoon at a local park. Take a picnic lunch, kites, balls & bats for a softball game.
- Set up an obstacle course in the house or backyard.