



Instructions: The lessons below were created to help you keep your students active during instructional learning. Virtual activities can be used during online instruction or in large spaces that are well ventilated. We encourage you to have a student lead the physical activity lessons as frequently as possible. Share how you are utilizing this calendar on social media and tag @HealthMPowers.

MONDAY

Outdoor Time

Training for Tokyo Summer Olympics:

- 10 Push-ups
 - 20 Squats
 - 30 Sit-ups
 - 10 Jumping jacks
 - 20 High knees
 - 30-Second balance on one leg
- Repeat 3 rounds.

Calming Brain Booster

Flamingo Pose: Stand tall and hold onto one knee, while focusing straight ahead. Balance in this pose for 10 seconds, before switching sides.

Virtual Activity

Coming off the weekend, let's stand up and get your [Mind in Motion!](#) (Level 2.2)

TUESDAY

Outdoor Time

Wall Hold: Find an empty space on the wall and pretend to be sitting in a chair. Position your body in a 90-degree angle with your knees behind your toes. Hold for 30 seconds. Then run in place for 30 seconds. Repeat 2 rounds.

Calming Brain Booster

Kite Pose: Stand tall and bring your arms up in the air with your palms together. Stretch to the right side and hold the pose for 10 seconds. Then stretch to the left side and hold for 10 seconds.

Virtual Activity

It's time to [Git Up](#) for Summer!

WEDNESDAY

Outdoor Time

High Knees: Stand up and complete 20 high knees. Then, run in place for 20 seconds. Repeat 5 rounds.

Calming Brain Booster

A Peaceful Summer: Close your eyes and picture a calm, peaceful place. In your mind, build a picture of how it looks, smells and feels.

Virtual Activity

Mirror, mirror, on the wall, am I going to have a great summer after all? Complete the [Mirror Drill](#).

THURSDAY

Outdoor Time

Skaters: Hop to your right, bringing your left foot behind you with knees bent and body low. Do the same movement to your left. Repeat for 30 seconds.

Calming Brain Booster

Tree Pose: Standing straight, shift your weight onto your right foot, lifting your left foot off the floor. Keep your right leg straight but slightly bent. Bring the sole of your left foot high to your inner right thigh. Press your foot and thigh together with equal pressure.

Virtual Activity

I have [High Hopes](#) for next school year!

FRIDAY

Outdoor Time

Hands in the Air for Friday!

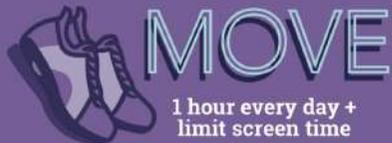
- 10 Forward arm circles
 - 10 Backward arm circles
 - 10 Raise the roofs
- Repeat 5 rounds.

Calming Brain Booster

Morning Balance: Stand on your right leg and lift your left knee at a 90-degree angle. Without falling, touch your toe with your right hand. Repeat 5 rounds then switch sides.

Virtual Activity

Take a Break this Weekend: Turn off your screen and dance to your favorite song!



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MONDAY

Outdoor Time

I'm a SuperStar: Jump up with your arms and legs spread out like a star. Do 15 rounds then rest and repeat.

Calming Brain Booster

Monday Mindset: Begin to focus on your breath to calm your mind and body. Take a deep breath in through your nose then slowly exhale your breath, through your nose, with your mouth closed. Repeat 3 rounds.

Virtual Activity

Monday Blues: Let's stand up and get the [Mind in Motion](#) (Level 1.1)

TUESDAY

Outdoor Time

STRONG Challenge: Try to push over the wall over for 20 seconds. Relax for 10 seconds. Repeat 3 rounds.

Calming Brain Booster

3-Minute Stretch: Sit up tall in your chair. Slowly stretch one arm over your head. Relax, then repeat with other arm. Repeat for 3 minutes.

Virtual Activity

If you are a [Sucker](#) for summer vacation try this exercise.

WEDNESDAY

Outdoor Time

Ready, Set, Run: Pick a spot outside in the distance and see how fast you and your classmates can run to the spot. The winner chooses a 20-second exercise for the class to complete together.

Calming Brain Booster

Starfish Meditation: Hold up one hand in front of you in a starfish position (fingers spread wide). Using your other hand, gently trace each finger. At the same time, take slow deep breaths in and out. Repeat with your other hand.

Virtual Activity

Mid-Week Stretch: Stand tall, bend forward at your hips and reach your hands toward your feet. Hold for 20 seconds.

THURSDAY

Outdoor Time

Mountain Climbers: Start in a plank position and alternate driving your knees into your chest. Keeping your hips even and parallel to the ground. Do the exercise for 30 seconds then rest for 30 seconds. Complete 3 rounds.

Calming Brain Booster

Mountain Pose: Stand tall with your feet slightly apart. Press your shoulders back and straighten your arms beside your torso. Breathe deeply and hold this pose for 20 seconds.

Virtual Activity

Let's travel to [Old Town Road](#)!

FRIDAY

Outdoor Time

Jump for Summer: Pick a starting point and jump as far as you can. Repeat 3 rounds. Track each jump to see if you get farther each round.

Calming Brain Booster

Take a Trip: Sit in a comfortable position and close your eyes. Relax and think of a safe space (i.e. grandparent's house, sports field, walking in the woods) Imagine yourself in this place for 3–5 minutes.

Virtual Activity

Summer Break: Show off your excitement with 10 bursting jumps by jumping up in the air as high as you can!

