



May 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><i>Spring has sprung so find ways to play outdoors!</i></p>				<p>Take it outside this month!</p>		
				<p>1 <i>Baseball day! Practice throwing at a target as hard and as far as you can.</i></p>	<p>2 <i>Practice fielding, throwing and catching with a friend.</i></p>	<p>3 <i>Gallop around the playground like a pony.</i></p>
<p>4 <i>Spring cleanup! Rake the yard so the flowers can bloom.</i></p>	<p>5 <i>What a day to play some soccer with your friends!</i></p>	<p>6 <i>Jog around the playground during recess today.</i></p>	<p>7 ** Project ACES Day! Wear Sneakers!</p>	<p>8 <i>Practice bowling on your sidewalk. Use water bottles for pins!</i></p>	<p>9 <i>Take your bike out and go for a ride.</i></p>	<p>10 <i>Jump rope as many times as you can after school.</i></p>
<p>11 <i>Go fishing today! Casting is hard work</i></p>	<p>12 <i>Spring is a great time for lacrosse.</i></p>	<p>13 <i>Climb a big hill and then log roll down!</i></p>	<p>14** Walk to school Wednesday!</p>	<p>15 <i>Pull your friend around in a wagon.</i></p>	<p>16 <i>Wear a super-hero cape and run around your yard.</i></p>	<p>17 <i>Help your family weed the garden.</i></p>
<p>18 <i>Go out to a local park with your family and try canoeing or row a rowboat</i></p>	<p>19 <i>Climb a tree or a climbing wall with a spotter for your safety</i></p>	<p>20 <i>Try some pushups to get strong swimming arms.</i></p>	<p>21 ** No TV or Video Game</p>	<p>22 <i>Play volleyball outside with your friends.</i></p>	<p>23 <i>Do some long rope jumping with your friends.</i></p>	<p>24 <i>Practice your swimming strokes outside of the water.</i></p>
<p>25 <i>Washing the car is great way to exercise.</i></p>	<p>26 <i>Balance as you walk on a curb or a low timber.</i></p>	<p>27 <i>Try tumbling in the grass!</i></p>	<p>28 <i>Go to the playground and climb the monkey bars!</i></p>	<p>29 <i>Take your family for a hike today. Try walking for one mile.</i></p>	<p>30 ***** Field Day!!!!</p>	<p>31</p>