

# NOVEMBER

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ Do as many push-ups as you can.	2 _____ Using an invisible jump rope, practice twenty "ski jumps."	3 _____ Read a book while doing a wall sit.	4 _____ Take a walk.	5 _____ Check how much fat is in your favorite salad dressing. Do that # of plank jacks.	6 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	7 _____ Rake leaves. No leaves... do something outside.
8 _____ Do as many curl-ups as you can.	9 _____ Use an invisible jump rope to practice hopping on one foot.	10 _____ Say your math facts while doing reverse lunges.	11 _____ Take a walk.	12 _____ Check how many calories are in a piece of candy. Flap your arms that #.	13 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	14 _____ Play with a friend.
15 _____ Do as many trunk-lifts as you can.	16 _____ Using an invisible jump rope, practice ten "double unders."	17 _____ Do push-up shoulder taps while reciting your spelling words.	18 _____ Take a walk.	19 _____ Check how much salt is in ketchup. Side-slide in place that #.	20 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	21 _____ Play your favorite game with your family.
22 _____ Do as many squats as you can.	23 _____ Using an invisible jump rope, do 20 "straddle jumps."	24 _____ Perform squat-jumps while naming the continents.	25 _____ Take a walk.	26 _____ Happy Thanksgiving! Try something new at dinner!	27 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	28 _____ Ask your parents what you can do to help out!
29 _____ Pick an exercise and perform as many reps as you can.	30 _____ Using an invisible jump rope, practice any tricks and skills you want.					

### DEAM Days:

- "Super Sunday"
- "Move More Monday"
- "Two-on Tuesday"
- "Walking Wednesday"
- "Think-It Thursday"
- "Flexibility Friday"
- "Sit-less Saturday"

### Please Remember

> Always get adult permission before doing any activity.

> Return calendar to your teacher at the end of the month.

### Purpose:

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).*

### Directions:

*After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).*