

March-April

2020

Burton Street Elementary Physical Education

DEAM Calendar

Drop Everything and Move!

See how many challenges on this calendar you can complete by yourself OR with your family. Circle your favorite challenges and star the challenges that you thought were hard.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			March 18 Take a walk.	19 About how many glasses of water should you drink each day? Do 8 burpees.	20 Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	21 Jog in place for one whole song
22 Do as many push-ups as you can.	23 Flap your arms while naming words that start with letter /a/.	24 Take 32 imaginary dunks. Get creative!	25 Take a walk.	26 Kids should be active sixty minutes EVERY day! Do 60 jumping jacks	27 Did you know hot dogs have ~530 mg of sodium? March 530 steps	28 Crab walk around the room for a commercial in a TV show
29 Take 8 pretend chest passes and 4 imaginary foul shots.	30 Name as many states as you can while hopping on one leg	31 Did you know donuts have ~280 calories? Jog in place for a 280 count.	April 1 Take a walk.	2 Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.	3 Challenge a family member to a race	4 Create a Karate air punching and kicking demo to music
5 Do as many curl-ups as you can.	6 Read a book while holding a plank.	7 Take 2 laps around a pretend court and 1 giant star-jump!	8 Take a walk.	9 Did you know that a Whopper has 12 grams of saturated fat? Do 12 lunges.	10 Play catch with a family member or by yourself	11 How many times can you bounce a "sock ball" in the air?
12 Do as many squats as you can.	13 Read a book while doing A wall sit					