




MONTH of AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			16 1st day of school!! Go on a walk and tell your family about how the first day was!	17 Slide Practice sliding while playing basketball	18 Wall Sit While practicing your favorite math facts	19  Squat Keep your feet shoulder width apart and sit in a chair and stand up.
20 Mountain climbers Tighten your tummy muscles.	21 TV On every commercial break of your show, 20 jumping jacks	22 5 jumping jacks Repeat 3 times	23 Jump Rope 10 single foot 20 two foot Repeat Twice (if you do not have a jump rope practice without one)	24 Dance to your favorite song	25 Tag Play tag with someone.	26 Go to a park and play on the play ground
27 Play Catch With a family member, or friend, get any kind of ball and throw it back and forth remember T, Elbow, Step and Throw.	28 Practice tying your shoe and then do your favorite stretches in between practicing tying your shoe.	29 Jumping 10 star jumps 10 tuck jumps 10 line jumps	30 Skip Work on skipping with a family member Step- hop- step hop	31 Kick Practice kicking in all directions 10 Front kicks 10 L side kicks 10 R side kicks 10 Back kicks		