

June Movement Calendar 2020

Try and do an activity every day! Have fun and Stay safe! Enjoy!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 20 Star Jumps	2 Practice balancing on one foot	3 Go for a short family walk	4 Make up a silly dance	5 Practice your basketball skills	6 20 Fireman Sams
7 Be a runner bean and run on the spot for 1 minute	8 Play catch with a tennis ball	9 Have an egg and spoon race with balloons and spoons	10 10 hops on each foot	11 Hop on your right foot for 10 seconds	12 Arm punches for 25 seconds	13 Dance to your favorite song
14 Be a jelly bean and wobble your body for 15 seconds	15 20 High knees	16 Bear crawl across your living room	17 Side steps for 20 seconds	18 Hop on your left foot for 10 seconds	19 Play a target game using socks and a box	20 Reach for the stars on your tiptoes for 10 seconds
21 Practice touching your toes for 15 seconds	22 20 Star jumps as fast as you can	23 Jump like a frog for 20 seconds	24 Play hide and seek with your family	25 March on the spot getting your knees as high as you can for 20 seconds	26 Jump as high as you can in the air for 10 seconds	27 Practice skipping with a skipping rope
28 Get a member of your family to count as many hops you can do in ten seconds	29 25 Karate kicks	30 Practice touching your toes for 20 seconds	Go outside and practice throwing a tennis ball up in the air and catching it	Go for a short family walk	Reach for the stars on your tiptoes for 20 seconds	25 Star Jumps as fast as you can.
Arm punches for 30 seconds						