



WEEK 1

May is [National Physical Fitness and Sports Month](#). Celebrate this observance by promoting opportunities to be active at home and at school. Visit this [link from AFHK](#) for ideas.

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May 1-7 is PE and Sport Week. Use this [LINK](#) or go to [SHAPE America](#) for more information. PE and sport provide plenty of ways to play!



Today is Teacher Appreciation Day and [Teacher Appreciation Week](#) is May 2-6. Take a moment to #ThankATeacher. Volunteer to show your support!

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It is [National Bike and Roll to School Day](#)! Plan ahead to participate today. Better yet, get a group from your neighborhood to join you. Have fun!



Celebrate [Cinco de Mayo](#) with the [Mexican Hat Dance](#). Work up an appetite try this delicious and healthy recipe for [Fiesta Bean Salsa](#).

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OPEN National Field Day Kicks Off! [Click here](#) for more information about the details. Select one of the events and play it with your friends or family.



Today is [National Play Outside Day](#). There are no scheduled events. Everyone is responsible for making this day something that is fun for them. Get out and play!

MAY
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