



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.

MAY 1

MAY 2



Today is Teacher Appreciation Day and [Teacher Appreciation Week](#) is May 8-12. Take a moment to [#ThankATeacher](#). Volunteer to show your support!

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!

MAY 3

MAY 4

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!



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

MAY 5

MAY 6

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!

Participate in OPEN National Field Day! For more information, [click here](#). You can play at home. Pick an event and play with your friends & family.



MAY 7