



# April 2009

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_




🌸 Apr. 10 is a Student/Teacher Holiday

🌸 Apr. 13 – 17 is Nat'l Library Week

🌸 Apr. 20 – 24 is Administrative Professionals' Week

🌸 Apr. 22 is Earth Day

🌸 Apr. 24 is Nat'l Arbor Day

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Do 20 windmills before school <input type="checkbox"/>	2 Jump rope as many times as you can at recess <input type="checkbox"/>	3 Do 10 curl ups before school and 15 curl ups after school <input type="checkbox"/>
6 Pick up litter and pull weeds in your yard <input type="checkbox"/>	7 Have a race with a friend <input type="checkbox"/>	8 Dance around during 2 commercials <input type="checkbox"/>	9 Eat 3 veggies and 5 fruits  <input type="checkbox"/>	10 Gallop around the playground two times <input type="checkbox"/>
13 Practice throwing a ball at a target <input type="checkbox"/>	14 Walk on a line forward, backward, and sideways. <input type="checkbox"/>	15 Write down 5 safety rules for home and school <input type="checkbox"/>	16 Take a walk with your parents today <input type="checkbox"/>	17 Do 3 different leg stretches <input type="checkbox"/>
20 Skip around your block and count the trees <input type="checkbox"/>	21 Crabwalk across your front yard <input type="checkbox"/>	22 Balance on one foot and switch to the other <input type="checkbox"/>	23 Try 2 new foods today <input type="checkbox"/>	24 Check the expiration dates on the food in your frig <input type="checkbox"/>
27 Help your parents clean the car <input type="checkbox"/>	28 Try some soccer kicks with a friend <input type="checkbox"/>	29 Do 10 pushups before bed <input type="checkbox"/>	30 Jog around the playground equipment at recess <input type="checkbox"/>	



Plano ISD  
Coordinated School Health  
Program