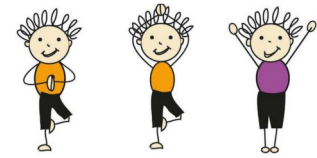


GROSS MOTOR SUMMER FUN!



JULY 2022



| Tue | Wed | Thurs | Fri | Sat | Sun | Mon |
|---|--|--|---|--|---|---|
| | | | 1 BUBBLE FUN! USE DIFFERENT BODY PARTS TO POP BUBBLES. | 2 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 3 GO SWIMMING OR PLAY IN A SPRINKLER! | 4 ENJOY THE HOLIDAY OUTSIDE WITH YOUR FAMILY! |
| 19 SIDEWALK CHALK FUN! DRAW AN OBSTACLE COURSE. | 6 FIND SOME FRIENDS AND PLAY TAG! | 7 PLAY HOPSCOTCH | 8 GO SWIMMING OR PLAY IN A SPRINKLER! | 9 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 10 LEARN A NEW YOGA POSE (OR MAKE ONE UP)! | 11 GO TO A PARK! |
| 12 GO ON A FAMILY WALK! | 13 FIND SOME FRIENDS AND PLAY HIDE AND SEEK! | 14 ANIMAL WALKS! HOW MANY DIFFERENT ANIMALS CAN YOU WALK LIKE? | 15 PLAY RED LIGHT/ GREEN LIGHT! | 16 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 17 HOW LONG CAN YOU STAND ON 1 FOOT? CAN YOU GET TO 10 SECONDS? | 18 GO SWIMMING OR PLAY IN A SPRINKLER! |
| 19 FIND A HILL AND RUN UP IT AND ROLL DOWN IT! | 20 SHOOT SOME BASKETS! IF YOU DON'T HAVE A HOOP, USE A BOX | 21 GO SWIMMING OR PLAY IN A SPRINKLER! | 22 LEARN A NEW YOGA POSE (OR MAKE ONE UP)! | 23 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 24 BUBBLE FUN! USE DIFFERENT BODY PARTS TO POP BUBBLES. | 25 GO ON A NATURE WALK. WHAT DID YOU SEE? |
| 26 PLAY RED LIGHT/ GREEN LIGHT! | 27 FIND A FRIEND AND PLAY CATCH! | 19 SIDEWALK CHALK FUN! DRAW AN OBSTACLE COURSE. | 29 HOW LONG CAN YOU STAND ON 1 FOOT? CAN YOU GET TO 10 SECONDS? | 30 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 31 GO SWIMMING OR PLAY IN A SPRINKLER! | |