

# Health & Fitness Calendar ~ March 2021

|  | SUN  | MON  | TUES  | WED   | THURS   | FRI   | SAT   |  |
|--|--|--|---|---|---|---|---|--|
| <p><b>Directions:</b><br/>Perform the activity listed for each day.</p> <p><b>Parents/Guardians initial each completed activity.</b></p> <p><b>The entire family may participate!</b></p> <p><b>At the end of the month, please return your calendar to your teacher.</b></p> <p><b>Fill in your class information.</b></p> <p><b>Parent/Guardian Signature:</b></p> <p><b>Student Signature:</b></p> <p><b>Teacher Name, Grade, Room #:</b></p> |  | <p><b>1</b></p> <p>Do 25 high knees on each knee.</p>  | <p><b>2</b></p>  <p>Paper Airplane Toss &amp; Catch: make your own; throw it; catch it before it touches ground; repeat.</p> | <p><b>3</b></p> <p>Pillow Case Scoot: sit on floor w/legs inside a pillowcase; use your arms to move around space; make a course &amp; scoot around it.</p> | <p><b>4</b></p> <p>Figure Skating: use dryer sheets/paper plates under feet; glide across floor; make a rink &amp; skate around it; make a course &amp; skate it.</p>                                   | <p><b>5</b></p> <p>Limbo Jump: start with rope or stick on ground, jump over it; raise it up a few inches, jump over it; keep going until you cannot jump over it.</p>  | <p><b>7</b></p> <p>Play Frisbee w/family for 30 minutes.</p>  |  |
|  | <p><b>8</b></p> <p>Mission Impossible Maze: Use tape or crepe paper to create a maze in hallway (high &amp; low); step, crawl, wiggle through your maze w/out touching it.</p> | <p><b>9</b></p> <p>Backhand Balloon Balance: Balance a balloon on back of hand, move around space; move around obstacles; see how long you can do it.</p>                                  | <p><b>10</b></p> <p>Choose a song and dance to it for the whole time!</p>   | <p><b>11</b></p> <p>Cup Catch: 1 cup/small objects; toss &amp; catch object in cup; toss higher; toss &amp; move; toss to partner.</p>                      | <p><b>12</b></p> <p>Sit on a stability ball (or XL ball); both feet flat on ground; push off to almost standing; bounce up &amp; down in control.</p>   | <p><b>13</b></p> <p>Deck or Card Movement: write a movement on a sticky note &amp; place on each card; place deck face-down; flip card over, &amp; do that movement.</p>                                      | <p><b>14</b></p> <p>Go for a 30 minute walk with your family.</p>   |  |
|  | <p><b>15</b></p> <p>Get Wet! Play in sprinklers or use hose to create arches; play for 15 minutes.</p>   | <p><b>16</b></p> <p>Snowball Fight: make snowballs out of rolled up socks; toss them at a friend; see if you can catch theirs; remember to play "nice".</p>                                | <p><b>17</b></p> <p>Sticky Note Toss: place 26 sticky notes on floor w/different letter on each one; toss a sockball &amp; hit each letter of your spelling words for the week.</p>                             | <p><b>18</b></p> <p>Make a pair of paper dice with different movements on each square; roll &amp; see what you have to do!</p>                              | <p><b>19</b></p>   | <p><b>20</b></p> <p>Rock &amp; Roll; lay across stability ball (or XL ball); hands in front/knees in back; push off hands &amp; roll to knees; push off knees &amp; roll to hands; repeat.</p>                | <p><b>21</b></p> <p>Play tag with your family for 25 minutes.</p>   |  |
|  | <p><b>22</b></p> <p>Play catch with your family for 15 minutes.</p>  | <p><b>23</b></p> <p>Rocket Jumps: Squat down to touch ground between feet &amp; then jump up into air reaching arms straight over head like a rocket launching into space! Repeat 20x.</p> | <p><b>24</b></p> <p>Balloon Paddle Ball: use some type of paddle (paper plate &amp; popsicle stick); bop balloon in air; bop &amp; walk; bop &amp; walk around obstacles.</p>                                   | <p><b>25</b></p> <p>Choreograph an exercise routine that is 5 minutes long, teach it to someone else.</p>   | <p><b>26</b></p> <p>Barrel Rolls: Lie on back w/legs straight &amp; arms straight overhead w/arms tight to ears. Roll length of space &amp; back again, keeping body in a straight line. Repeat 5x.</p> | <p><b>27</b></p> <p>Pick up Push-up: in push-up position; object on floor; basket above head; pick up 1 object &amp; place it in basket; repeat using other hand; repeat until all objects are picked up.</p> | <p><b>28</b></p> <p>Life-size Maze: Use household items &amp; create a challenging maze; find your way out by crawling, hopping, jumping, walking backwards, etc.</p> |  |
|  | <p><b>29</b></p> <p>Make up a paddle game and play with your family for 30 minutes.</p>  | <p><b>30</b></p> <p>Alligator Alley: place islands on floor; jump from one island to another w/out falling into water; challenge yourself by spreading islands out.</p>                    | <p><b>31</b></p> <p>Make a fishing pole with a magnet @end of string; make critters w/paperclips; place critters in bucket; go fishing-remember only 1 critter at a time!</p>                                   |   |   |   |   |  |
|  | <b>NOTES</b>   |  |   |   |   |   |   |  |
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