

March 2018	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Health &amp; Fitness Calendar</u></b></p> <p><b>Directions:</b></p> <p><b>Perform the activity listed for each day.</b></p> <p><b>The entire family may participate!</b></p> <p><b>Parents/Guardians initial each completed activity.</b></p> <p><b>At the end of the month, please return your calendar to Ms. Duell.</b></p> <p><b>Student &amp; Parent/Guardian signatures.</b></p> <p><b>Fill in your class information.</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Parent Signature</div> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Student Signature</div> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Teacher's Name, Grade, Room #</div>					<p>1</p> <p>Catch Throw and catch with a partner(s). Practice using a variety of balls</p>	<p>2</p> <p>Balloon Bounce With a partner or by yourself try to keep a balloon in the air as long as you can.</p>	<p>3</p> <p>Jumping Beans ♥ Be creative and see how many different ways you can jump rope. Teach a friend.</p>
	<p>4</p> <p>Reverse Tag ♥ All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes the "it" for the next round</p>	<p>5</p> <p>Crazy 8's ♥ 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>6</p> <p>Jump, Jump ♥ Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice and try to beat y</p>	<p>7</p> <p>Kick City ♥ 20 side kicks 20 front kicks 20 back kicks</p>	<p>8</p> <p>Teach a family member one of the dances you learned</p>	<p>9</p> <p>How Fast Can You Go? ♥ Pick a distance and see how fast you can run the distance.</p>	<p>10</p> <p>Teach a family member how to take your heart rate; do 30 seconds of activity, then take it again; repeat 3x</p>
	<p>11</p> <p>10 High Knee Twists ♥ Bring your knee to your opposite elbow and switch. For a challenge add a hop when switching sides.</p>	<p>12</p> <p>Boxer Shuffle 10 seconds 10 Jabs Right 10 Jabs Left 10 Hooks Right 10 Hooks Left Repeat ♥</p>	<p>13</p> <p>Low Reverse Lunge Complete 10 reverse lunges keeping your body in a low position. Make sure your low</p>	<p>14</p> <p>10 Fly Jacks ♥ Done like a normal jumping jack except bring your arms to the side to form a T. Open &amp; close your arms in front as you move your feet.</p>	<p>15</p> <p>Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>	<p>16</p> <p>Shuffle Squat ♥ Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>17</p> <p>Show an adult how to find your pulse. Compare pulse rates after 20 jumping jacks (3x)</p>
	<p>18</p> <p>Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day. ♥</p>	<p>19</p> <p>Rise and Squat! When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>	<p>20</p> <p>10 Power Skips ♥ Skip normally really swinging your arms and bringing your knee up high.</p>	<p>21</p> <p>Wall Sit Find an empty space on the wall and pretend to be sitting in a chair. Hold for 10 seconds. Repeat two more times.</p>	<p>22</p> <p>4 for 10 ♥ 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>23</p> <p>Read &amp; Move Pick a book to read and select an "action word" that will be repeated often. When the "action word is read stand up and sit down.</p>	<p>24</p> <p><b>Family Walk</b> Get at least one family member and go outside for a walk.</p>
	<p>25</p> <p>Walk around your block with an adult</p>	<p>26</p> <p>4 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>27</p> <p>Underhand Toss Target Practice Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>28</p> <p>Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>29</p> <p>Skaters Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>30</p> <p>Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>31</p> <p>Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away</p>