<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>March 2022</strong>&lt;br&gt;Secondary Health &amp; Physical Education Calendar</td>
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<td>National Health Observances:</td>
<td>1 March Madness!</td>
<td>2 Try Something New</td>
<td>3 Early Bird</td>
<td>4 Helping Hand</td>
<td>5 Cardio Fitness</td>
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<td>- National Nutrition Month</td>
<td>- NCAA Basketball season. Meet up with a few friends to shoot some hoops.</td>
<td>- What is a physical activity you’ve been wanting to try or go do? Make a plan today and go for it.</td>
<td>- How has your sleep been lately? Get to bed 30 minutes earlier than normal today.</td>
<td>- What is one way you can help someone today?</td>
<td>- Go do something to get your heart rate up for 10 minutes.</td>
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<td>- 4th – 5th National Day of Unplugging (sundown-to-sundown)</td>
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<td>National Day of Unplugging (starts at sundown)</td>
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<td>- 13th - National Good Samaritan Day</td>
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<td>National Day of Unplugging (ends at sundown)</td>
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Yoga pictures from [www.forteyoga.com](http://www.forteyoga.com)

**6 Know Your Diet**<br>Use a food app to log your food for the day. How much protein are you getting?

**7 Web Search**<br>Find a new dance trend video and practice it.

**8 Think +**<br>Choose a Positive Affirmation to say to yourself throughout the day. Ex: “I am strong.” “I am talented.”

**9 Laundry Basket**<br>Use a laundry basket and a ball of socks to see how many shots you can make in 1 minute.

**10 Throwback Thursday**<br>What is an activity you haven’t done in a while? Find a way to go do it.

**11 Relaxing Reading**<br>Find a good read and end your day with 15 minutes of reading to help you get to bed in a relaxed state.

**12 Friendly Text**<br>Text 3 friends an encouraging note to wish them a wonderful day.

**13 Muscle Fit!**<br>Muscle Strength Fitness Focus: Do 4 rounds of 10 Squat Jumps, 10 Pushups, and 10 Squats.

**14 Green Day**<br>Try to focus on getting more vegetables today.

**15 Dance Teacher**<br>Teach someone a dance or practice a favorite dance with a buddy.

**16 Togetherness**<br>Connect with a friend today and go for a walk or find an activity to enjoy together. Focus on just being together.

**17 Hopscotch**<br>Hopscotch your way down the hallway, around the house or yard. Create your own patterns.

**18 PE Teacher**<br>Teach someone a physical activity you enjoy doing.

**19 Take a Deep Breath**<br>For a quick pick-me-up, simply take five deep breaths. Slowly inhale for at least 5 seconds and exhale for 10 seconds each time. Your body will thank you for the extra oxygen.


**21 Healthy Sub.**<br>Decide on one healthy food substitute you can make and try it out for today.

**22 Dance, Dance**<br>Crank it up and dance it out for 2 songs!

**23 Tech Break**<br>For a few minutes, give your eyes and mind a rest by doing without your computer and cell phone.

**24 Create a House Basketball Game!**<br>Make a balled up pair of socks and use any item as your hoop (box, basket or chair).

**25 Yoga!**<br>Find a 10 minute yoga video and take a yoga break today.

**26 Encourage someone**<br>- Isn’t it interesting how you always seem to feel better after helping someone else feel better? Call a friend or write a few kind words in a card or even a text.

**27 Gratitude List**<br>Take a minute to jot down everything you are thankful for at that moment.

**28 Stair Dance**<br>Dance up and down the stairs to a favorite song and see what fun you can create.

**29 Flexibility Fit**<br>Find a yoga or Pilates video or stretch out for 10 minutes.

**30 Toe Fencing**<br>With a partner, hold each other’s shoulders. Try to tap the other person’s toe without having yours tapped.

**31 Hit the Track**<br>With a partner, hold each other’s shoulders. Try to tap the other person’s toe without having yours tapped.

SHAPE America recommends age-appropriate activities for children to accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!