### March 2023
#### Elementary Health & Physical Education Calendar

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</table>
| **National Health Observances:**  
- National Nutrition Month  
- Women’s History Month  
- 3rd – 4th National Day of Unplugging (sundown-to-sundown)  
- 13th National Good Samaritan Day  
Yoga Images from www.forteyoga.com | SHAPE America recommends school-age children 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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) | **1 Play Catch!**  
Go outside and play catch with a friend. | **8 Sugarcane Pose**  
Hold Sugarcane Pose for 30 seconds on each side. | **3 Sidewalk Chalk Balance**  
Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing. National Day of Unplugging begins at sundown | **4 AM Stretch**  
Wake up and stretch for 5 minutes. National Day of Unplugging ends at sundown |

| 5 Scavenger Hunt  
Go on a scavenger hunt in your backyard. | **6 Healthy Recipe**  
Write your own healthy recipe. Be sure to include ingredients and instructions! | **7 Dance Party**  
Have a mini dance party to your favorite song(s) | **8 Write a Letter**  
Write a handwritten letter to a friend/family member and mail it. | **9 Jump Rope Challenge**  
Learn a new jump rope trick. | **10 Crazy 8’s**  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can)  
Repeat 3 times |

| **12 Nature Walk**  
Take walks in the park with family members. | **13 Water Challenge**  
Instead of drinking juice or soda drink water today. Try adding fresh fruit to your water! National Good Samaritan Day | **14 Find Your Calm**  
Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes. | **15 Exercise Spell**  
For each letter of your name, find an exercise that starts with that letter. Looking for a challenge? Try spelling your first & last name. | **16 Mindful Minute**  
For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing. | **17 Code Words**  
Any time you hear the code words complete 10 jumping jacks.  
Code words: green, St. Patrick’s Day, lucky, leprechaun |

| **19 Smoothie Creation**  
Create a delicious kid friendly smoothie! Feeling daring? Add a pinch of spinach! | **20 Lava Game**  
Create your own Lava game! Use this resource to help get some creative ideas for your own game! | **21 Grandparent Call**  
Call a grandparent to say hello! Ask them about a favorite memory they have had with you. Share your favorite memory as well. | **22 Check Yourself**  
Do 1 act of self-care. Read your favorite book, take a walk, or watch your favorite show. | **23 Fruit Day**  
Eat a piece of fruit mindfully today! Close your eyes, smell the fruit, take a small bite and savor the sweet flavors as they fill your tastebuds. | **24 Fitness Time!**  
Create your own fitness activity! Choose 3 fitness activities, decide how many to do of each, and then keep doing each set of three activities for 3 minutes! |

| **26 Tracing**  
Trace the letters of the alphabet in the air with your right hand, then left. Then trace the letters with your right and left leg while sitting on the floor. | **27 Crabby Clean Up**  
Tidy up while walking like a crab! Carry items on your belly across the room to put them away. | **28 Vertical Jump**  
Jump as high as you can for 30 seconds. Repeat. | **29 Journaling**  
Before bed, take time to read a book or write something you are grateful for in a journal. | **30 Build a Fort**  
Build a fort using all of your favorite items with family & friends | **31 Nature Walk**  
Take walks in the park with family members |