### March 2023
**Secondary Health & Physical Education Calendar**

<table>
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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</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](http://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. | **1** Just Sit  
Take 1 minute and close your eyes. Sit up straight, with your feet flat on the ground. Focus on your breathing. | **2** Air Squats  
Do 3 sets of 25 air squats. | **3** Tik Tok Dance  
What are the most popular dance moves on TikTok right now? Practice those moves and make a TikTok with a friend — be sure to ask your parent/caregiver for permission! National Day of Unplugging begins at sundown | **4** Lunch Walk  
Walk at lunchtime. **National Day of Unplugging ends at sundown** |
| **5** Rainbow Meal  
Did you get all the colors of the rainbow on your plate today? Help your family with dinner tonight and see if you can get all the colors of the rainbow. | **6** One-Leg Balance  
Standing close to a chair or wall, stand on one leg for a few seconds. Switch to the other leg. This move can help enhance mobility, joint stability, bone strength, and muscle tone. | **7** Exercise Design  
Design your own Exercise program that you can do at home without equipment. Identify various body weight activities (include reps x sets). | **8** Belly Breathing  
Practice belly breathing 10 times. | **9** Sugarcane Pose  
Hold Sugarcane Pose for 30 seconds on each side. | **10** Health Signage  
Walk with friends through the school to count how many health-related signs you find. Have a conversation about the number of healthy signs vs. other signs. |
| **11** Express Yourself  
Create a dance with your friends and show your family. | **12** Group Walk  
Go on a 10 min walk with your family or friends. | **13** Step Count  
Count your daily steps through the school, then find different directions through the school to see the different in steps. **National Good Samaritan Day** | **14** Mindful Listening  
Pick a piece of music you have never heard. Listen to every element carefully. | **15** Happy Baby Pose  
Straighten your legs for an added challenge. | **16** Juggling Practice  
Practice juggling with balls or scarves. |
| **17** Soccer Challenge  
Get a soccer ball and see how many times you can juggle it without dropping. You can use any body part, except hands and arms. | **18** Try this:  
Complete 25 of the following:  
High Skip  
Squat Jumps  
High Knees  
Walk backwards | **19** Healthy Dessert  
Make chocolate covered fruit for a healthy dessert. | **20** Sit and Observe  
Find a place to sit outside and simply watch the world around you. | **21** Music Workout  
Listening to music while exercising can improve workout performance by 15% | **22** I’m Grateful  
Think of 3 things you are grateful for and write them down. |
| **23** Squat with Kicks  
Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10. | **24** Healthy Snack Day  
After school, have students pass out healthy snacks to students (granola bars, apples, oranges, etc.) | **25** Heart Out Song  
Turn on some music and dance your heart out for the length of one upbeat song. | **26** Cardio Exercise  
Get a family member and do a cardio exercise for 20 minutes: jogging, biking, hiking, running, swimming, etc. | **27** Volleyball Challenge  
Get a volleyball and a partner and see how many times you can volley the ball without dropping it using bumps and passes only. | **28** Set an Intention  
Take a one minute pause in your day, to decide how you want to move through the day. |
| **29** Fitness Intervals  
10 squats  
10 broad jumps  
10 second sprints  
10 pushups  
10 sit-ups | **30** Body Scan  
Do a body scan. Lie on your back, breathe deeply and think about how each part of your body is feeling today. | **31** Ragdoll Pose  
Hold Ragdoll Pose for 30 seconds. Repeat. | **32** | **33** | **34** |

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