# March 2024
## Elementary Health & Physical Education Calendar

<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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</thead>
</table>
| **31 Nature Walk**  
Take walks in the park with family members | **National Health Observances:**  
- National Nutrition Month  
- Women’s History Month  
- 1st – 2nd 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.  
Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) | **1 Play Catch!**  
Go outside and play catch with a friend.  
National Day of Unplugging begins at sundown | **2 Sugarcane Pose**  
Hold Sugarcane Pose for 30 seconds on each side. National Day of Unplugging ends at sundown |
| **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. | **4 AM Stretch**  
Wake up and stretch for 5 minutes. | **5 Scavenger Hunt**  
Go on a [scavenger hunt in your backyard](http://www.forteyoga.com). | **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) |
| **10 Crazy 8’s**  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can)  
Repeat 3 times | **11 Healthy Eating**  
Ditch junk food for the day. | **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. |
| **17 Code Words**  
Any time you hear the code words complete 10 jumping jacks.  
*Code words: green, St. Patrick’s Day, lucky, leprechaun* | **18 Cha Cha Slide**  
Do the [Cha Cha Slide](http://www.forteyoga.com) with DJ Ralphi! | **19 Crazy 8’s**  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can)  
Repeat 3 times | **20 Lava Game**  
Create your own The Floor is Lava game! Use this [resource](http://www.forteyoga.com) 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. |
| **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! | **25 Physical Challenge**  
Complete one of these [physical challenges](http://www.forteyoga.com) with your family & friends.  
How many challenges can you do successfully? | **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. | | | | | |