

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National Health Observances</b> - National Nutrition Month - March 5-9: National School Breakfast Week	<b>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. Happy exercising!</b>			<b>1 A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	<b>2 Clap and Catch</b> Throw a soft object up into the air. See how many times you can clap before you catch it.	<b>3</b> Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?
<b>4 Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!	<b>5 National School Breakfast Week begins! Sidewalk Chalk Balance</b> Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	<b>6 Bear Walk</b> With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	<b>7 Wild Arms</b> As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	<b>8 Sugarcane Pose</b> Hold Sugarcane Pose for 30 seconds on each side. 	<b>9 Limbo</b> Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	<b>10 Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times
<b>11 Between the Knees</b> Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	<b>12 Happy Baby Pose</b>  Straighten your legs for an added challenge.	<b>13 Toe Fencing</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	<b>14 Chest Pass</b> Practice your chest passes against a brick wall. Remember to step towards your target.	<b>15</b> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.	<b>16 Code Words</b> While watching TV any time you hear the code words complete 10 jumping jacks. <u>Code words:</u> green, St. Patrick's Day, lucky, leprechaun	<b>17 Catch with a Catch</b> Toss a ball in the air, try each challenge before catching the ball: 1.Touch your nose 2. Clap twice 3.High-five someone 4. Spin around
<b>18</b> Try and sprint from one end of your street to the other. Have a family member time you.	<b>19 Pretend!</b> Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car	<b>20 Commercial Stroll</b> During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	<b>21 Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!	<b>22 Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!	<b>23 Arm and Leg Tag</b> A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.	<b>24 Read &amp; Move</b> 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.
<b>25 Army Crawl</b> Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.	<b>26 Do this:</b> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds	<b>27 Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.	<b>28 Vertical Jump</b> Jump as high as you can for 30 seconds. Repeat.	<b>29 Ragdoll Pose</b> Hold Ragdoll Pose for 30 seconds. Repeat. 	<b>30</b> Pick your favorite activity from this month and do it again!	<b>31 Crabby Clean Up</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.