

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>National Health Observances</b></p> <p>- National Nutrition Month</p> <p>- March 6-10: National School Breakfast Week</p>	<p><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></p>	<p>1 <b>Crabby Clean Up</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>2 <b>A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p>3 <b>Clap and Catch</b> Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>4 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?</p>	
<p>5 <b>Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>6 <b>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.</p>	<p>7 <b>Bear Walk</b> With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>8 <b>Wild Arms</b> As fast as you can complete: 10 Arm Circles front &amp; back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>9 <b>Sugarcane Pose</b> Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p>10 <b>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?</p>	<p>11 <b>Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>
<p>12 <b>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.</p>	<p>13 <b>Happy Baby Pose</b></p>  <p>Straighten your legs for an added challenge.</p>	<p>14 <b>Toe Fencing</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>15 <b>Chest Pass</b> Practice your chest passes against a brick wall. Remember to step towards your target.</p>	<p>16 Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p>17 <b>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</p>	<p>18 <b>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</p>
<p>19 Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>20 <b>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</p>	<p>21 <b>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!</p>	<p>22 <b>Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>23 <b>Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>24 <b>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.</p>	<p>25 <b>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.</p>
<p>26 <b>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.</p>	<p>27 <b>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</p>	<p>28 <b>Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>29 <b>Vertical Jump</b> Jump as high as you can for 30 seconds. Repeat.</p>	<p>30 <b>Ragdoll Pose</b> Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>31 Pick your favorite activity from this month and do it again!</p>	