










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Health Observances:</p> <ul style="list-style-type: none"> National Nutrition Month American Red Cross Month National Brain Injury Awareness Month March 19: Kick Butts Day (Tobacco-Free Campaign for Kids) 		<p>1 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>	<p>2 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>3 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>4 Rock Paper Scissors Tag Meet in the middle, shoot, winner chases the loser back to safe zone. Shoot again and repeat!</p>	<p>5 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>
<p>6 Locomotor Tag Play tag and each round use a different locomotor movement such as skipping, galloping, sliding, running and walking.</p>	<p>7 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>8 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p> 	<p>9 Rainbow Pose Hold Rainbow Pose for 30 seconds on each side.</p> 	<p>10 Limbo 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 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>12 Try and sprint from one end of your street to the other. Have a family member time you.</p>
<p>13 Go to the local school or park and have free play for at least one hour.</p>	<p>14 Mermaid Pose Hold Mermaid Pose for 30 seconds.</p> 	<p>15 Chest Pass 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 Code Words 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 Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p>19 Kick Butts Day! Kick City 20 side kicks 20 front kicks 20 back kicks Talk about why using tobacco products is unhealthy.</p>
<p>20 Family Adventure Go for a walk with your family on a trail you've never traveled before.</p>	<p>21 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>22 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>23 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>24 Arm and Leg Tag 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 Grass-Cutters Practice running backwards. Stay low, and stay on the balls of your feet.</p>	<p>26 Jug Ball Play catch with two milk cartons with the bottom cut off and a tennis ball</p>
<p>27 Go for a walk with your parents or whoever takes care of you for an hour today.</p>	<p>28 Bicycles Lie on your back and move your legs like you're riding a bicycle to strength your stomach muscles.</p>	<p>29 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>30 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>31 Pick your favorite activity from this month and do it again!</p>	<p>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!</p>	



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<p>National Health Observances:</p> <ul style="list-style-type: none"> National Nutrition Month American Red Cross Month National Brain Injury Awareness Month March 19: Kick Butts Day (Tobacco-Free Campaign for Kids) 		<p>1 Complete 10 of the following: High Skip Squat Jumps High Knees Walk backwards</p>	<p>2 Power Knees Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>	<p>3 Flutter Kicks Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.</p>	<p>4 2 Kicks, Tap Kick one leg forward twice then bend down and tap your toe. Switch to the other side. Repeat 10 times.</p>	<p>5 WalkDown Superman Walk your hands down to your feet and out until you're flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times.</p>
<p>6 Reverse Lunge with Hop Do a reverse lunge when bringing your leg back to the start position add a hop and go back into the reverse lunge.</p>	<p>7 Cardio Day! 10 Jump rope 10 Mountain climbers 10 Boxing punches (use both arms) 10 Step-ups</p>	<p>8 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>9 Rainbow Pose Hold Rainbow Pose for 30 seconds on each side.</p> 	<p>10 Half Burpees Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds.</p>	<p>11 Step Jumps Find a step or a bench and jump up and down 10 times. Be careful. Take a break if you need to.</p>	<p>12 Plank Jacks In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</p>
<p>13 Run in place for one minute then complete 10 pushups. Try and repeat 10 times throughout the day.</p>	<p>14 Mermaid Pose Hold Mermaid Pose for 30 seconds.</p> 	<p>15 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps</p>	<p>16 Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 3 sets of 10 reps. Stay low on the shuffles and keep your feet apart when squatting.</p>	<p>17 Code Words 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 Start with 10 high knees then immediately sprint for 10 seconds. Take a 30-60 second break and try it again. How many rounds can you do?</p>	<p>19 Kick Butts Day! Kick City 10 side kicks 10 front kicks 10 back kicks Talk about why using tobacco products is unhealthy.</p>
<p>20 Shuffle, Cross Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x.</p>	<p>21 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>22 Superman's on all 4's Extend your left arm and right leg simultaneously, switch, and repeat for 10 reps.</p>	<p>23 Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>24 Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>	<p>25 Grass-Cutters Practice running backwards. Stay low, and stay on the balls of your feet.</p>	<p>26 Rise and Squat When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.</p>
<p>27 Take a 10 minute walk before eating lunch today. Grab a friend or family member for extra motivation.</p>	<p>28 Bicycles Lie on your back and move your legs like you're riding a bicycle to strength your stomach muscles.</p>	<p>29 Vertical Jump Jump as high as you can 10 times.</p>	<p>30 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>31 Reverse Lunges to Front Kicks Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace.</p>	<p>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!</p>	