



# March 2020

Name \_\_\_\_\_  
 Grade \_\_\_\_\_  
 Parent \_\_\_\_\_  
 Signature \_\_\_\_\_

❖ Please have your parent/guardian initial each day that you complete the activity – then return it to your PE/Fitness teacher!

❖ **March is 'NATIONAL' Nutrition Month – Try to eat Healthy EVERY DAY THIS MONTH!**

❖ March 2<sup>nd</sup> is “Read Across America” Day- Celebrate it on Friday, March 1<sup>st</sup>!




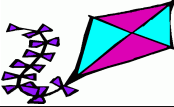

❖ March 5<sup>th</sup> is Open House for Elementary Schools.

❖ March 9<sup>th</sup> – 13<sup>th</sup> is **Spring Break!**

❖ Daylight Saving Time begins on March 8<sup>th</sup> .  
**Spring Forward!!**

❖ **Spring Begins on March 20<sup>th</sup> Plant some flowers**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Help an adult plan menus for this month! Nutritious meals for Nat'l</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>3</b> Do stretches while watching TV or just sitting reading a book!  <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>4</b> Hold a yoga pose for one minute.</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>5</b> Show an adult how to do TABATA! 20 seconds exercise to music– 10 seconds rest! <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>6</b> Practice juggling with 2 socks or soft balls. Can you juggle 3?</p>  <p style="text-align: right;"><input type="checkbox"/></p>
<p><b>9</b> <u>Spring Break</u> Practice good health and eating habits this week!</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>10</b> <u>Spring Break</u> Go for a walk with an adult and pick up trash! <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>11</b> <u>Spring Break</u> Help Mom or Dad prepare a healthy dinner.</p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>12</b> <u>Spring Break</u> Go to the park and play kickball with friends! <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>13</b> <u>Spring Break</u> Clean out your closet and straighten your room.</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p><b>16</b> Using two cans of food, do some bicep curls with both arms. <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>17</b> Check the amount of sugar in the juices or drinks you are consuming.</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>18</b> Keep a balloon in the air as long as you can, have a race with a friend!  <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>19</b> Go to the park and fly a kite. <u>MVPA</u></p>  <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>20</b> Run in place for 60 seconds, rest, do it again then take your heart rate!  <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>
<p><b>23</b> Try running, skipping, and galloping outside for 3 minutes. <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>24</b> How long does it take you to do 10 push-ups? <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>25</b> Can you tell an adult what your ribcage protects?</p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>26</b> Do as many jumping jacks as you can in one minute.  <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>27</b> Help fold and put away the laundry. What else can you do to help?</p> <p style="text-align: right;"><input type="checkbox"/></p>
<p><b>30</b> Find a friend and do the wheelbarrow. You pick up his feet and he walks on his hands! <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>	<p><b>31</b> Can you do cartwheels across your front yard?  <u>MVPA</u></p> <p style="text-align: right;"><input type="checkbox"/></p>			<p>+ Remember – Exercise and a healthy diet are a MUST for a healthy heart!</p> <p style="text-align: right;"><input type="checkbox"/></p>