

March Active Calendar

DON'T FORGET - Circle the number of each day that you do the activities!

Sun

Mon

Tue

Wed

Thu

Fri

Sat

16

17

Go play a game of basketball with your family. Or practice dribbling and shooting.

18

How fast can you hop from room to room with a penny on one foot?

19

Jog in place while you name as many fruits and vegetables.

20

Stretch and reach as high as possible ten times.

21

Do 10 Push ups.

22

Go play outside with your family or friends then come back in and read a book.

23

Go crab walk around a room during a commercial of your favorite television show!

24

Do a push-up for each letter in the words MILK and CALCIUM

25

Go walk with an adult for 30 minutes

26

Throw and catch a ball with a friend or an adult.

27

Go crab walk around a room during a commercial of your favorite television show!

28

Who in your family can do the most sit ups?

29

Get help totaling the calories in a snack you ate. Do that many jumping jacks

30

Create a karate air-kicking and air-punching demonstration to music.

31

Balance on one foot while reading a page from a book. Read page 2 on the other foot.

1 April

Walk from room to room while balancing a book on your head!

2

Jog in place for one minute. Rest. Jog for 30 seconds more.

3

Go for a bike ride for at less 30 minutes.

4

Ask a parent to go for a bike ride or take a walk. The longer the better!!

