



































March

Physical Activity Calendar

Name _____ Grade _____

SHAPE America recommends school-age children accumulate **at least 60 minutes of physical activity per day**. This can be activity before, during, &/or after school. Remember that each bout of physical activity should be followed by **cool-down stretches** that help reduce soreness and avoid injury.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Stay hydrated! (4-5 glasses) Each day you drink the recommended daily amount of water put a check on the cup!</p>					<p>1 Obstacle Course Create your own obstacle course and time yourself doing it! See how many times you can beat your own time!</p> 	<p>2 Lunges! 5-4-3-2-1 do alternating lunges with a 5 second break between each set. Repeat, 2x's, 3x's!</p> 
<p>3 Adventure Walk Go for a walk and vary your speeds. Sometimes walking a fast pace and medium pace.</p> 	<p>4 ABCs Bend your body to form each letter of March. Take note of where you feel the stretch.</p> 	<p>5 10 for Tuesday 10 x's Jumping Jacks, 10x's Push ups, 10 x's Sit ups, 10 x's Squats Repeat, 2x's, 3x's</p> 	<p>6 Tabata Tuck Jumps- 20 seconds of non-stop tuck jumps, 10 seconds of rest. Repeat 8x's</p> 	<p>7 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>8 Step Ups Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 5 sets of 10.</p> 	<p>9 ABC Push-ups! Alternate shoulder taps while saying the ABC's. Take a 30 second break then continue one more time!</p> 
<p>10 Four Walls Put your back on each wall in a room and hold a wall sit for 30 seconds each. Try to hold the squat at a 90° angle if you can, like you're sitting in a chair!</p> 	<p>11 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>12 Weights! Get creative and build your own weights. Use a soup can or water bottle and see how many times you can lift them over your head.</p> 	<p>13 Jump Rope to Music! Put on your favorite song and jump the entire song without stopping. No rope, just swing your arms like you're holding a rope!</p> 	<p>14 Mindful Walk Take a mindful walk and bring full attention to the movements in your body.</p> 	<p>15 Leg Work! Complete: 10 squats, 10 lunges, 9 squats, 9 lunges, 8 squats, 8 lunges. (keep going 7-6-5-4-3-2-1)</p> 	<p>16 Push-ups! 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt!</p> 
<p>17 Code Words! While watching TV any time you hear a code word complete 10 jumping jacks. Code words: green lucky, St. Patrick's Day, leprechaun</p> 	<p>18 Outside Spend 20 minutes or more walking outside. Along the walk alternate between skipping, speed walking, and jogging.</p> 	<p>19 10 for Tuesday 10 x's Donkey Kicks, 10x's Mtn. Climbers, 10 x's Ski Jumps, 10 x's Crab Kicks Repeat, 2x's, 3x's</p> 	<p>20 Flexible Alphabet Can you make your body look like every letter in the alphabet? Which one was the easiest? Hardest?</p> 	<p>21 Plank Wars Grab someone & battle it out! See who can hold a plank the longest. Challenge with a side plank or plank up-downs too!</p> 	<p>22 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>23 Squats! Continuous standing squat for 60 seconds and subtract 10 seconds each round until done!</p> 
<p>24 Jump, Jump Jump side-to-side over an object or line for 1 minute! Go again but jump front to back. Repeat 2x's.</p> 	<p>25 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it!</p> 	<p>26 Inch Worms Keeping your legs straight, place your hands on the ground, walk them into pushup position and walk your legs up. Repeat 10x's</p> 	<p>27 Dance Break Put on your favorite music for dancing and dance with someone else or alone for 15 minutes!</p> 	<p>28 Coin Flip Flip a coin 5 times and do the corresponding exercise: Heads- 10 Ski Jumps Tails- 10 Donkey Kicks</p> 	<p>29 Jump Rope Can you jump rope for 25 consecutive jumps? Repeat 5x's times to strengthen your heart and lungs!</p> 	<p>30 Burpees! How many can you do in 1 minute? Record below: _____</p> 

Let's GET UP & MOVE Madison Mustangs!

Turn over your calendar to finish the last day of March and the first week of the April calendar!













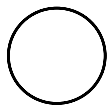
April

Physical Activity Calendar



SHAPE America recommends school-age children accumulate **at least 60 minutes of physical activity per day**. This can be activity before, during, &/or after school. Remember that each bout of physical activity should be followed by **cool-down stretches** that help reduce soreness and avoid injury.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Bend your legs & swing your arms. Take a break if you need to. 	1 Paper Plate Planks In plank position with paper plates under your feet. 30 seconds each: Mountain Climbers, Knees to Chest, In & Out Feet 	2 Choice Choose your favorite physical activity for 15 minutes! Draw, write, or tell someone why you love it! 	3 Weights! Get creative and build your own weights. Use a soup can or water bottle and see how many times you can lift them like a bicep curl up. 	4 Paper Plate Race Create a racecourse and place 2 paper plates under your feet & you're off! Race again, can you beat your time? 	5 Obstacle Course Create your own obstacle course and time yourself doing it! See how many times you can beat your own time! 	6 Plank Up Downs! 5-4-3-2-1 do them in order with a 5 second break between each one. Repeat, 2x's, 3x's! 
7 How Fast Can You Go? Pick a distance and see how fast you can run the distance. Can you do it again, and beat your time? 	8	9	10	11	12	13
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Welcome back to school! I hope you had a relaxing Spring Break! Turn in your calendar this week! </div>						



Circle 3 of your FAVORITE activities (from either March or April) and return to Mrs. Oas for your **March tag & bead!** All calendars are **due** by the end of the second week of April.

**Let's GET UP & MOVE
Madison Mustangs!**

Note to students & families: Try to complete as many activities as you can to the best of your ability! If you can't complete them all by the end of the month, that's okay, still turn in what you were able to complete for this month's badge & bead! If you need to modify the activity or stay active in a different way, that counts too! Jot down what you did in the box instead. **You got this Mustangs!**