

Meadowview Drop Everything and Move - March Calendar

Name:	Teacher: Mr. Chapman
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Purpose: This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions: After a student completes a day's activity, adults make a check mark and initial in the space provided. Pick a minimum of 5 activities each week.

✓ Done	Option	DEAM Activity
	1	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	2	Play with a friend.
	3	Do as many burpees as you can.
	4	March Madness: Take 64 imaginary jump shots.
	5	Say your math facts while doing squats.
	6	Take a walk.
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	9	Play a game that is active. You decide what that is.
	10	Do as many mountain climbers as you can in 2 minutes.
	11	Take 32 imaginary dunks and 16 cross-over dribbles.
	12	Do sit ups while reciting your site words.
	13	Take a walk.
	14	Run in place for 2 minutes.
	15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	16	Toss and Catch a stuffed animal or soft ball for yourself for 5 minutes.
	17	Do as many squats as you can.
	18	Take 8 pretend chest passes and 4 imaginary foul shots.
	19	Perform squat-jumps while naming the continents.
	20	Take a walk.
	21	How many food groups are there? Do 5 plank-jacks.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	23	Play outside.
	24	Do as many push-ups as you can in 2 minutes.
	25	Take 2 laps around your house!
	26	Read a book while doing a wall sit.
	27	Take a walk.
	28	About how many glasses of water should you drink each day? Do 8 burpees.
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Go to the park!
	31	Hold a plank as long as you can.

Please Remember
 ✓ Always get adult permission before doing any activity.

