













March 2009

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 March Madness Week! Practice foul shooting today for 50 tries. How many baskets can you make?	2 Practice running across the playground and back as fast as you can. This is sprinting.	3 Walk around and dribble a ball at the same time. Can you cross over from hand to hand?	4 Shoot some hoops with a friend. How many baskets can you make out of 50 tries? Any kind of shot.	5 Jog around the playground, dribbling a ball as you go. 	6 Practice passing a ball to a friend for 50 passes. Can you catch every pass?	7 Dribble a ball 25 times today. Practice this a few times, using your dominant hand, then your non-dominant hand. Try crossing over.
8 Play tag today with family and friends. Take turns playing everybody's favorite games. 	9 Do ten crunches –this group of exercise is called a set. Do ten sets of crunches today.	10 Place some music. Use your body to show the way the music makes you feel. 	11 Pretend you are a balloon floating around the house. Dance with your arms and legs.	12 Skipping fun: skip in a circle shape, skip with hands on hips, skip and twirl at the same time.	13 Hop around the house on one foot-how many hops before your get tired? Switch feet and do it again.	14 Practice jumping in a zig-zag pattern today-inside and outside. 
15 Spring weather! Run outside today-run fast, run in different pathways, run around the outside of your house.	16 Use your body to make different shapes-circle, oval, narrow, wide, twisted, square, rectangle-try new shapes.	17 Practice balance today. Balance on one body part as the base. Try two bases; now three different bases. Try different parts.	18 Pretend one foot is glued to the floor. Can you stretch high? Can you bend side to side? What else can you do without moving that one foot?	19 Jump rope today. Count to 100 jumps and rest. Can you do 200 jumps? 300 jumps? Wow!	20  Practice throwing and catching today with a friend. How many catches can you make?	21 Spring cleanup! Work with your family to clean up the yard. Push the wheelbarrow, pick up leaves and twigs.
22 Go for a spring hike today with your family. In the city? Urban hiking means you explore the city by walking.	23  Practice striking a ball with a bat today. Play with a friend and take turns fielding.	24 Practice throwing a Frisbee® at targets-outside. Use baskets, chairs, or trees as your targets. 	25 Playground races today. Run ten races with your friends. Walk around after the races to cool down.	26 Get out a favorite action book and act out all the activity in the book.	27 Make up a dance today-teach it to a grownup and play music that makes it even more fun!	28 Practice push-ups today. Can you do ten? Try doing one more every time you practice.
29 Can you dribble a ball with your feet? Try dribbling around the yard and keeping control of the ball. 	30 Do your spring fever dance today! Nice weather is coming, so get outside and play to make your heart beat fast!	31 Blow up a balloon and bounce the balloon off of five different body parts. Strike the balloon up fifty times with each part. 	Visit the Fruits & Veggies-More Matters™ website at http://www.fruitsandveggiesmatter.gov/	Celebrate March Madness by playing basketball this month! 	Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.	