



# March Fitness Fun in Richland One



Name:	Teacher:
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**Purpose:** The purpose of this calendar is to encourage daily physical activity for students throughout the month. Use these activities when the students need a brain break or as whole family challenges.

**Directions:** Have your student complete 1 activity every day. After they complete an activity, record their results or provide a check mark to indicate completion. Can your student complete the whole calendar?

✓ Done	Activity	Task
	1	Go for a walk and find 5 things that start with the letter "M".
	2	Reach and touch your toes while counting to 30. Repeat 3 times.
	3	Hold the push-up position and give a family member a "High-Five" 25 times.
	4	Complete 3 sets of 15 burpees.
	5	Place a pillow on the floor, jump over it 50 times.
	6	Challenge a family member to a race of Mountain Climbers. Who can do 50 first?
	7	Gallop around the house while singing your favorite song.
	8	Can you balance on 1 foot longer than your family members?
	9	Throw a ball or sock ball with a family member for 10 minutes.
	10	Do 60 seconds of arm circles backwards and then forwards.
	11	Bear crawl to every room in your home.
	12	How long can you balance a book on your head? Challenge a family member.
	13	How many "Ski Jumps" can you perform in 1 minute?
	14	Have a dance party with your family.
	15	Do side lunges for 3 consecutive commercials.
	16	Jump an imaginary rope while skip counting to 300 by 5's.
	17	Toss a ball or a sock ball and see how many times you can clap before it falls.
	18	How many push-ups can you do without quitting or falling?
	19	Stand like a Flamingo for 1 minute on each leg.
	20	Name as many Countries as you can while doing Jumping Jacks.
	21	Choose 5 balances or yoga poses and hold each for at least 30 seconds.
	22	Do 20 wall push-ups. Repeat 3 times.
	23	Have a race with a family member, who is the fastest?
	24	Can you balance on 1 leg while taking your shoe off and putting it back on?
	25	How many times can you strike a paper ball in the air without dropping it?
	26	Create a dance to your favorite song.
	27	Wall sit for 30 seconds. Repeat 3 times.
	28	Do 3 sets or 15 arm curls while holding a can of vegetables.
	29	Run in place for 3 minutes without stopping.
	30	Complete 3 sets of 25 squats.
	31	How long can you hold a plank without falling?

**Please Remember**

- ✓ Always get adult permission before doing any activity.
- ✓ Always perform the activities in a safe space.
- ✓ Return the calendar to your teacher at the end of the month.

