


# MARCH

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ Do as many push-ups as you can.	2 _____ March Madness: Take 64 imaginary jump shots.	3 _____ Flap your arms while naming words that start with letter /a/.	4 _____ Take a walk.	5 _____ About how many glasses of water should you drink each day? Do 8 burpees.	6 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	7 _____ Play with a friend.
8 _____ Do as many curl-ups as you can.	9 _____ Take 32 imaginary dunks. Get creative!	10 _____ Say your math facts while hopping on one foot.	11 _____ Take a walk.	12 _____ Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.	13 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	14 _____ Play a game that is active. You decide what that is.
15 _____ Do as many trunk-lifts as you can.	16 _____ Perform 16 cross-over dribbles using an imaginary basketball.	17 _____ Hold various yoga poses while reciting your spelling words.	18 _____ Take a walk.	19 _____ Run in place and name 3 reasons why you will never smoke or use tobacco.	20 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	21 _____ Take a hike.
22 _____ Do as many squats as you can.	23 _____ Take 8 pretend chest passes and 4 imaginary foul shots.	24 _____ Perform jumping jacks while naming as many countries as you can think of.	25 _____ Take a walk.	26 _____ How many food groups are there? Do 5 plank-jacks.	27 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	28 _____ Play outside.
29 _____ Do as many tuck-jumps as you can.	30 _____ Take 2 laps around a pretend court and 1 giant star-jump!	31 _____ Read a book while holding a plank.				

### DEAM Days:

- "Super Sunday"
- "Move More Monday"
- "Two-on Tuesday"
- "Walking Wednesday"
- "Think-It Thursday"
- "Flexibility Friday"
- "Sit-less Saturday"

### Please Remember

- > Always get adult permission before doing any activity.
- > Return calendar to your teacher at the end of the month.

### Purpose:

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).*

### Directions:

*After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).*