


MARCH 2018

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

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

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).