

MARCH 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Hold a plank position while saying the months of the year X 2 1	Jump & Spell Spell names of friends in class Jump for each letter 2	Hold a butterfly stretch while saying 20 words that begin with the letter M 3	2-minute challenge. How many Jumping Jacks can you do? 4	5
6	40 heel kicks 7 16 jump & twist X 2	14 alternate step forward lunges 8 8 jump squats X 3	Student Led Conference Day 9	20 sec plank 10 10 sec side plank (both sides) X 2	2-minute challenge 11 How many squats can you do?	12
13	14 Spring Break	15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19
20	21 Spring Break	22 Spring Break	23 Spring Break	24 Spring Break	25 Spring Break	26
27	2 pencil jumps 28 4 frog jumps 6 jumping jacks 8 skater jumps	4 burpees 29 Jog on the spot for 30 seconds X 4	Cross Body Crawling 30 12 knee to elbow 12 hand to foot X 3	15 sec plank 31 10 bicycle crunches X 4		

