

Stop, Drop & Move = Encourage kids to get 60 minutes a day of physical activity!



Mt. Erie School Stop Drop & Move– March 2017

For every 7 days of fitness, where you get 60 minutes or more, turn in your log. Then on every **Wednesday** we will do a drawing in the month of March.

Stop Drop & Move...Everyday! Fire up your feet and body...and try to get at least 60 minutes of physical activity a day! Try to move as much as you can, even on weekends. Can you do it every day? This calendar has just a few ideas and ways for you to get motivated to move. We want you to make sure to count all those extra minutes of fitness that you do outside of school as well!

Turn completed logs into Mr. Forsman and pick up a new one. Everyone who participates gets entered into a weekly drawings!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Jump rope in gym 8:30- 8:55am	3 YOGA w/ AMY (GYM) 8:30-8:55am	4 BE
5 Set	6 Fitness Stations (behind school) 8:30-8:55am	7 Crossfit w/ Mr. D @lunch recess	8 Walking School Bus 9am Storvik	9 Zumba dance 8:30-8:55am in gym	10 NO SCHOOL	11 ACTIVE
12 A	13 Fitness Stations (behind school) 8:30-8:55am	14 Crossfit w/ Mr. D @lunch recess	15 Walking School Bus 9am Storvik	16 Capture the Flag on field 8:30-8:55am	17 YOGA w/ AMY (GYM) 8:30-8:55am	18 60 minutes
19 Goal	20 Fitness Stations (behind school) 8:30-8:55am	21 Crossfit w/ Mr. D @lunch recess	22 Walk & Wheel Day	23 Zumba dance 8:30-8:55am in gym	24 YOGA w/ AMY (GYM) 8:30-8:55am	25 A DAY
26	27 Fitness Stations (behind school) 8:30-8:55am	28 Crossfit w/ Mr. D @lunch recess	29 Walking School Bus 9am Storvik	30 Capture the Flag on field 8:30am-8:55am	31 Last Day to Turn in a log sheet!	

This event is intended to provide an opportunity and encouragement for Mt. Erie students to stop, drop and move for at least 60 minutes a day. Parents are responsible for their children and deciding if they are able to participate.

The Benefits of Regular Activity

- * Builds strong bones and strengthens muscles
- * **Maintains flexibility**
- * Achieves a healthy weight
- * **Promotes good posture and balance**
- * Improves fitness
- * **Meet new friends**
- Strengthens the heart
- * **Improves physical self-esteem**
- * Increases relaxation
- * **Enhances healthy growth and development**



Here are some ideas to get more active...

- * **Take the stairs**
- * **Take a walk after dinner– and make the walk a adventure**
- * **Play with a sports ball or go swimming**
- * **Ride a bike or scooter**
- * **Rake the leaves or carry groceries**
- * **Dance, dance, dance**
- * **Play sports of any kind**
- * **Play outside**
- * **Pick one recess to run the Mt. Erie School track**

PHYSICAL ACTIVITY IS FUN!

- * **At home**
- * **At school**
- * **At play**
- * **Inside or outside**
- * **On the way to and from school**
- * **With family and friends**

