

# March Spotlight is.....

I'm A Superhero!

This month we continue learning about Our Amazing Body. We learn how Superhero's take care of their bodies and have a special job of helping others.

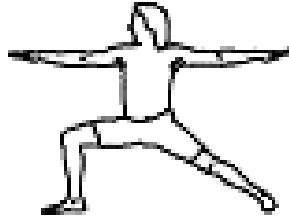
**Week 1:** *Superhero's need a healthy BRAIN!* Its Dr. Suess week and we learn that reading is exercise for our brain. We take a fun adventure with Cat in the Hat and follow along with the story; "Oh the Things that we Can Do That are Good For YOU!"

**Week 2:** *Lucky the Leprechaun!* Stars will be superhero's, searching leprechaun land helping Lucky find the Healthy pot of Gold.

**Week 3:** *Superhero's to the rescue!* We help Captain Calcium save the kids as King Candy has stolen healthy foods that keep our bones and teeth strong.

**Week 4:** Iron Man! Superhero's need iron for energy. We suit up and help find foods that we all need for energy.

**Stretch-n-Grow Stars  
are Superhero's!**



**Stretch Pose=  
Superhero  
/Warrior**

## **Here's What We Worked On:**

### **Strength Training:**

- \* Pushups, \* Hopping \*Squats
- \*Lunges \*Resistance Bands

### **Balance & Coordination:**

- \*Balance Domes \* Leaping
- \*Throwing & Catching \*Fine motor \*One foot hop & Balance

### **Aerobic:**

- \* Jumping Jacks \* Running
- \*Skipping \*Gallop

**Exercise of the month:**

**Superhero Soar**

**Muscle of the Month:**

**trapezius**