

Hello Families,

The elementary PE teachers encourage all students to remain physically active for at least 60 minutes a day. We have created a weekly calendar to keep your students active for the remainder of this school year. These lessons are designed to be used on a daily basis.

Each week we will hold a **Friday Fitness Challenge!!** Students can complete the challenge activity and as a bonus, parents can post a video onto  or  to show off their skills! Be sure to use #cereslearnsathome and #fridayfitnesschallenge so your PE Teachers can keep track of your success!

Stay active, and stay healthy!

Sincerely, Your Elementary PE teachers



April 27-May 1


CUSD Elementary PE Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TK-3</p> <ul style="list-style-type: none">• 10-Frog Jumps• 1 min-Balance on 1 foot• 1 min-Galloping <p>4-6</p> <ul style="list-style-type: none">• 20-Jumping Jacks• 1 min- Planks• 15-Knee Push-ups <p>**Repeat each activity 3 times</p>	<p>TK-3</p> <ul style="list-style-type: none">• 15-Frog Jumps• 10 Crunch/situp• 20-Bunny Jumps <p>4-6</p> <ul style="list-style-type: none">• 3 min- Leg stretching(total)• 90 sec- Plank• 10-Sit Ups <p>**Repeat each activity 3 times</p>	<p>TK-3</p> <ul style="list-style-type: none">• 20-Frog Jumps• 10-Crunch/situp• 20-Jumping Jacks <p>4-6</p> <ul style="list-style-type: none">• 20-Jumping Jacks• 90 sec- Planks• 10-Crunches <p>**Repeat each activity 3 times</p>	<p>TK-3</p> <ul style="list-style-type: none">• 25-Frog Jumps• 1 min-Balance on 1 foot• 3 min-Run in place <p>4-6</p> <ul style="list-style-type: none">• 20-Jumping Jacks• 3 min-Run in place• 15-Knee Push-ups <p>**Repeat each activity 3 times</p>	<p>TK-3</p> <ul style="list-style-type: none">• Complete Friday Fitness Challenge <p>4-6</p> <ul style="list-style-type: none">• Complete Friday Fitness Challenge <p>Fun Friday: Scavenger Hunt (Click)</p>

Video of the Week: <https://www.youtube.com/watch?v=3Z05939ZMbE>

FRIDAY FITNESS CHALLENGE!!!

ALL STUDENTS: See how long can you hold a plank?

BONUS: Parents, post a video of your child completing the challenge on  or  and use the #ceresunifiedschoolsdistrict and #cusdfitnessfriday to show off your skills