

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



May 11-15

CUSD Elementary PE Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TK-3</p> <ul style="list-style-type: none">20 Jumping Jacks5 burpees1 min running in place <p>4-6</p> <ul style="list-style-type: none">30 Jumping Jacks30 Mountain climbers10 burpees***1 min plank hold <p>**Repeat each activity 3 times</p>	<p>TK-3</p> <ul style="list-style-type: none">20 Jumping Jacks30 seconds bear crawl30 sec plank hold <p>4-6</p> <ul style="list-style-type: none">1 min running in place10 Squat jumps10 push ups30 sec Bear crawl <p>**Repeat each activity 3 times</p>	<p>TK-3</p> <ul style="list-style-type: none">30 seconds bear crawl10 frog jumps15 sit ups/crunches <p>4-6</p> <ul style="list-style-type: none">30 Mountain climbers1 min plank hold10 frog jumps10 burpees <p>**Repeat each activity 3 times</p>	<p>TK-3</p> <ul style="list-style-type: none">10 burpees30 sec crab walk1 min running in place <p>4-6</p> <ul style="list-style-type: none">30 Jumping Jacks10 Burpees15 crunches30 sec Bear crawl <p>**Repeat each activity 3 times</p>	<p>TK-3 & 4-6</p> <ul style="list-style-type: none">Create your own workout from your favorite exercises and post the video below <p>Check out this awesome video from a student at Caswell. Go Fit Camila! (Click here)</p>

Video of the Week: <https://youtu.be/tXOZS3AKKOW> (***Burpees Tutorial: <https://youtu.be/dZgVxmf6jka>)

FRIDAY FITNESS CHALLENGE!!!

ALL STUDENTS: How many Burpees can you do in 60 seconds?

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