

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 26-29

CUSD Elementary PE Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TK-3</p> <ul style="list-style-type: none">• 10-Big arm circles• 1 min-Jumping jacks• 1 min-Hopping	<p>TK-3</p> <ul style="list-style-type: none">• 15-Big arm circles• 10-Toe touches• 1 min-Skipping	<p>TK-3</p> <ul style="list-style-type: none">• 20-Big arm circles• 10-Spider webs (see video of the week)• 1 min-Run in place	<p>TK-3</p> <ul style="list-style-type: none">• 20-Big arm circles• 1 min-Rope climb (see video of the week)• 1 min-Skipping	<p>TK-3</p> <ul style="list-style-type: none">• Create your own out Fitness Challenge
<p>4-6</p> <ul style="list-style-type: none">• 10-Big arm circles• 2 min-Mountain Climbers• 10- Push-ups	<p>4-6</p> <ul style="list-style-type: none">• 15- Big arm circles• 10-Toe touches• 10- Push-ups	<p>4-6</p> <ul style="list-style-type: none">• 20-Big arm circles• 15-Spider webs (see video of the week)• 10- Push-ups	<p>4-6</p> <ul style="list-style-type: none">• 20-Big arm circles• 2 min-Rope climb (see video of the week)• 10- Push-ups	<p>4-6</p> <ul style="list-style-type: none">• Complete Friday Fitness Challenge
<p>**Repeat each activity 3 times</p>	<p>**Repeat each activity 3 times</p>	<p>**Repeat each activity 3 times</p>	<p>**Repeat each activity 3 times</p>	<p>Fun Friday: Circle Ball (click)</p>

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

FRIDAY FITNESS CHALLENGE!!!

ALL STUDENTS: How many Big arm circles 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