

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 4-8

CUSD Elementary PE Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TK-3</p> <ul style="list-style-type: none">• 1 min Skipping• 1 min Galloping• Yoga (Click here)	<p>TK-3</p> <ul style="list-style-type: none">• 2 min balance on right foot• 2 min balance on left foot• Yoga (Click here)	<p>TK-3</p> <ul style="list-style-type: none">• 2 min side slide• 3 min jumping jacks• 10 sit ups	<p>TK-3</p> <ul style="list-style-type: none">• 2 min skipping• 2 min jog in place• 30 jumping jack	<p>TK-3</p> <ul style="list-style-type: none">• Challenge• # of jumping jacks in 3 minutes
<p>4-6</p> <ul style="list-style-type: none">• 10 push ups• 20 Mt. Climbers• 5 min jog in place	<p>4-6</p> <ul style="list-style-type: none">• 5 min jog in place• 20 lunges• 10 burpees	<p>4-6</p> <ul style="list-style-type: none">• 2 min planks• 20 sit ups• 30 lunges	<p>4-6</p> <ul style="list-style-type: none">• 15 push ups• 30 Mt. Climbers• 5 min. Jog in place	<p>4-6</p> <ul style="list-style-type: none">• Challenge # of sit ups in 3 minutes
<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>	

Video of the Week: <https://www.youtube.com/watch?v=uqLNxJe4L2I>

FRIDAY FITNESS CHALLENGE!!!

ALL STUDENTS: See how many jumping jacks or sit ups you can do in 3 minutes!

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