

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 18-22

CUSD Elementary PE Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
TK-3 <ul style="list-style-type: none">• situps• burpees• Jumpingjacks 4-6 <ul style="list-style-type: none">• Jumping Jacks• Mountain climbers• Frog Jumps• Lunges <p>**complete as many reps in 25 seconds and rest for 10 in between (3 rounds)</p>	TK-3 <ul style="list-style-type: none">• Jumping Jacks• bear crawl• Side slide 4-6 <ul style="list-style-type: none">• situps• pushups• plank• Burpees <p>**complete as many reps in 25 seconds and rest for 10 in between (3 rounds)</p>	TK-3 <ul style="list-style-type: none">• Bear crawl• pushups• sit ups 4-6 <ul style="list-style-type: none">• Crab Walk• Frog Jumps• Lunges• Situps <p>**complete as many reps in 25 seconds and rest for 10 in between (3 rounds)</p>	TK-3 <ul style="list-style-type: none">• High knee skip• Jumpingjack• Side slide 4-6 <ul style="list-style-type: none">• Pushups• Plank• Mountain climbers• Frog Jumps <p>**complete as many reps in 25 seconds and rest for 10 in between (3 rounds)</p>	TK-3 <ul style="list-style-type: none">• Create your own trickshot and post the video below 4-6 <ul style="list-style-type: none">• Create your own trickshot and post the video below

Video of the Week: <https://www.youtube.com/watch?v=A2FsgKoGD04&t=1s>

FRIDAY FITNESS CHALLENGE!!!

ALL STUDENTS: How many push-ups can you do in 30 seconds? Sit-ups? Frogjumps?

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