

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



June 1-4

CUSD Elementary PE Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TK-3</p> <ul style="list-style-type: none">• 20 Jumping Jacks• 5 burpees• 1 min running in place <p>4-6</p> <ul style="list-style-type: none">• 30 Jumping Jacks• 30 Mountain climbers• 10 burpees***• 1 min plank hold <p>**Complete as many rounds as possible in 20 minutes</p>	<p>TK-3</p> <ul style="list-style-type: none">• 20 Jumping Jacks• 30 seconds bear crawl• 30 sec plank hold <p>4-6</p> <ul style="list-style-type: none">• 1 min running in place• 10 Squat jumps• 10 push ups• 30 sec Bear crawl <p>**Complete as many rounds as possible in 20 minutes</p>	<p>TK-3</p> <ul style="list-style-type: none">• Bear crawl• pushups• sit ups <p>4-6</p> <ul style="list-style-type: none">• Crab Walk• Frog Jumps• Lunges• Situps• Bear Crawl <p>**complete as many reps in 25 seconds and rest for 10 in between (3 rounds)</p>	<p>TK-3</p> <ul style="list-style-type: none">• High knee skip• Jumping jack• Side slide <p>4-6</p> <ul style="list-style-type: none">• Pushups• Plank• Mountain climbers• Frog Jumps• Jumping Jacks <p>**complete as many reps in 25 seconds and rest for 10 in between(3 rounds)</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 below from a student at Caswell. (Click here)</p>

Video of the Week: <https://www.youtube.com/channel/UC1ZyO1kOafrle17VWsydENw> Go fit Camila

FRIDAY FITNESS CHALLENGE!!!

ALL STUDENTS: How many Push ups can you do in 60 seconds

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