

PHYSICAL ACTIVITY challenges

Hello Families,

Our physical activity challenges are underway! These monthly challenges are a great way to have fun while being physically active outside of school!

Each day students will find a quick and simple activity to complete to the best of their ability. After they complete the activity simply cross it off on the calendar. Also on each day is an empty cup to help students remember to drink more water! If they're able to drink the recommended amount of water, they can check it off or color in the cup.

At the end of each month students will return their completed calendar to earn a special tag and bead to wear on their personalized necklace! Collect all monthly tags to earn an extra special tag at the end of the year!

Let's make this a year to GET UP & MOVE and have some fun being active. We got this Mustangs!

-Mrs. Oas

Look for a new calendar each month:

Example of an activity:

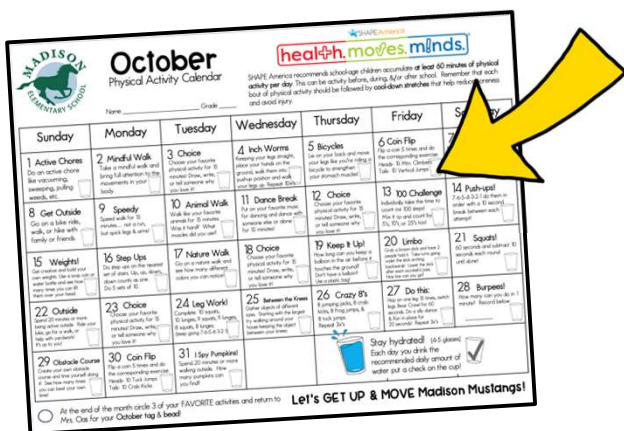
30 Coin Flip
 Flip a coin 5 times and do the corresponding exercise:
 Heads- 10 Tuck Jumps
 Tails- 10 Crab Kicks



Let's drink more water!



Stay hydrated! (4-5 glasses)
 Each day you drink the recommended daily amount of water put a check on the cup!



October's calendar is on THE BACK of this sheet.