

PE Class K-5 June 8th-12th

Grade

H-O-R-N-E-T-S Fitness challenge

K-5

Lately I have been thinking of ways for the students, families and staff of Memorial Elementary School to come together and perform a simple, yet fun challenge. We are so lucky with the community we all share together and what better way to show that than with a little fitness challenge. All over the internet there were different fitness challenges that were going around and I say we make up our own! We did an alphabet workout a few weeks back where each letter of the alphabet represented a different fitness movement. Let us all come together and spell out H-O-R-N-E-T-S

H: 4 Lunges (EACH LEG)

O: 10 'Russian twist' or 10 bicycle crunchies

R: 10 jumping jacks

N: 15 second plank

E: 5 Burpees

T: 10 second Run in place

S: 5 squats

As I am sure everyone can relate to, my form of technology doesn't want to cooperate. Tomorrow morning there will be a video sent of myself completing the H-O-R-N-E-T Challenge. I encourage everyone to send me a video or a picture of them, maybe we can even get Mr. Willis to send one!

I miss you all and thank you for the AMAZING letters, videos and pictures you send to me. These do not go unnoticed and I can't thank you all enough!