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| **Introduction/Week of March 23, 2020** |
| Dear Grand Ridge Grizzlies,  First and foremost, we greatly miss you and wish we could be together! In our place, we will be sending out a weekly PE POST to help you remain active throughout your days. No matter what the weather, it will be important for you to keep moving and exercise to stay healthy. You will find physical activities, challenges and various websites to assist you in meeting that goal.  We encourage you to participate in the examples we provide as well as exploring creative ways that are fun for you and your family. Thank you so much for partnering with us!  Stay Active and Healthy,  Mr. Hogle and Ms. Bankson |

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| **Keep in Mind “Quote”** | | | | |
| “Success is the sum of small efforts, repeated day in and day out.” Robert Collier | | | | |
| **Fitness Calendar** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Throw & Catch**  Grab any kind of ball.  Play catch with a family  member. Keep your eye  on the ball and catch it  with your hands, not  your body. | **Nutrition**  Eat a healthy snack.  Which food group does  it belong to? | **Muscular Strength**  Push-ups! See how many  you can do. Take 2 minutes  to rest then try it again. | **Cardio-Respiratory**  **Endurance**  Do 10 jumping jacks. Check  your heart beat. Do 20  jumping jacks and check  your heart beat again. | **Flexibility**  2+2+2+2+2 = \_\_\_\_\_\_  Do 3 stretches. Hold  Each stretch for this  many seconds. |
| **“Ways to Move” Websites** | | | | |
| GoNoodle www.gonoodle.com | | | | |

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| **EXTRA CHALLENGES FOR THE WEEK** |
| 1. Challenge your family to a push-up contest. |
| 1. Challenge your family to a plank contest. |
| 1. Challenge your family to a wall sit contest. |