

<b>Teacher/Class:</b>	Mr. Weatherston
<b>Email</b>	<a href="mailto:jweatherston@nfschools.net">Jweatherston@nfschools.net</a>
<b>Trouble Shooting:</b>	Questions or technical trouble email me directly at the above email address
<b>Date:</b>	5/25 - 5/31
<b>Grade:</b>	3
<b>Lesson #:</b>	8
<b>Lesson Target:</b>	Muscle Strength, Heart Health, Fitness
<b>Expectations:</b>	Students complete 30 minutes of PE / day.
<b>Location:</b>	Home or Safe area where social distancing can be practiced
<b>NYS Standard</b>	<b>Standard 1- Personal Health and Fitness</b> Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. <b>Standard 3 - Resource Management</b> Students will understand and be able to manage their personal and community resources.

- The website below is **FREE** and **ZERO COST** to the user.
- Students can complete their work on any type of electronic device, including cell phones.

Please go to the following website.

<https://app.sworakit.com/collections/kids-workouts>

Warm-up, Activity, and cool down are included in work out. Enjoy the quality of a teacher in your home.

- Go to web site: <https://app.sworakit.com/collections/kids-workouts>
- Click Agility for kids
- Click Select Workout
- Move dial (-) or (+) buttons to get to 45 min or your wanted amount of time
- Click Select 45 min/or your private wanted time
- On the bottom of page there is a long blue ribbon.
- Click Begin Workout



Enjoy!! Remember “The secret of getting ahead is getting started” - Mark Twainion

- ✓ Reps means Repetition. Can you guess one word that sounds like the Word Repetition?
- ✓ Answer: Repeat. Repeat means, to’ do (something) again, either once or a number of times.”

✓ Therefore, reps will be the number of times you do the activity. Have Fun!!!