



Flash Falcon's Fitness Fun

April Challenge



Flash Falcon's Fitness Fun consists of three different workouts focusing on endurance, upper body, and lower body strength. As the month progresses, the time and number of repetitions for each exercise gradually increases. There is a built-in rest day every fourth day. Each rest day includes an additional challenge.

Each student's fitness level varies. Therefore, the guidelines on the calendar are not set in stone. With help from an adult, each of the exercises and/or repetitions and times can be adapted to appropriately challenge the student. For example, if a student doesn't have a jump rope, he can jump with an "imaginary" jump rope. This will allow him/her to reap the healthy benefits of continuously jumping for the given amount of time. There are videos available that demonstrate each of the day's movements linked in the PDF that was sent home digitally.

Don't forget to turn in your calendar at the end of the month!

Mark each day a workout (including the "rest day" challenge) is completed with a check mark. At the end of the month, students count up the total number of checks, then write that number on the bottom of the calendar where it says, "Total Days Completed." Students complete the rest of the information on the calendar before asking a parent to sign it.

Calendars can be turned in to their homeroom teacher any day after April 30th. All students who take part in *Flash Falcon's Fitness Fun* and return their calendar will be recognized during a virtual all school assembly. The names of the students who complete 20 out of 30 days of the challenge will receive a special bracelet.

Students do NOT have to complete each day to be recognized. We understand that our students have busy schedules, or sometimes just forget to complete a workout. That's being human.

Parents are encouraged to help and even participate in the workouts.

Your child may need a little guidance. We encourage parents to assist with form and necessary adaptations based on fitness level, there are also modified exercises linked on the PDF that was sent home digitally. Finally, students get so excited when parents and siblings participate in the challenge with them. What better way to lead by example and promote lifelong fitness!

*All monthly fitness challenges are optional.

*HCE 5th graders are featured in the "how-to" videos.