

Grades K-2

For this week, I would like kids to have some one time you doing burpees. I want you to challenge yourself and see how many you can do for 1 minute. Burpees are when you stand with feet shoulder width apart, hands at your side. Bend knees only all the way down, hands on the ground, kick feet out into push up position, then pop up to standing position. Write that number down, and do these each week and see if you can do more each time.

Practice this about 6-8 times each day for 1 minute. You will be tired, but it's a good tired.



I would also like parents to find a video, or yourself, and teach kids that do not know how to tie shoe laces to tie them. My goal for them, is every kid to understand how to tie a shoe lace. You will be surprised how many that don't. Be patient, be consistent. Some make the two rabbit ears, some don't, but either way works, but consistency is important.

