



FUN FITNESS FRIDAY

All fitness activities can be done during the lunch recess or during Explorer time when planned ahead with teachers.

Nov. 16th Get Pumped to JUMP! (Plyometrics)
(Time to get off your Rump & get pumped to JUMP)

Dec. 7th Gymnastics!! Four stations will be set up for the kids to rotate through to get moving and possibly try it for the first time.

Jan. 11th Zumba "Zoom on Over for Zumba"
(During Explorer Time)

Feb. 8th Karate (Kickboxing) demonstration and lesson
(hopefully from a local karate studio)

March...Yoga and/or National Nutrition Month nutrition lesson

Fuel Up™

TINGLE YOUR TASTE BUDS

All the food sampling will be done right outside the lunch room at a table during the lunch hour.

Nov .30th "Yummy Yams" (sweet potatoes)

Dec. 14th "Incredible Edible Edamame" Come Eat a Mouthful of Edamame?? We are possibly too busy this month to make this happen! We will add this to March

Jan. 25th "Have you Had Havarti?" Cheese!

Feb. 22nd "Awesome Avocados" or "What's Guacamole made of?" Come sample & find out!