

MORNING SPORTS

With Mr. Yocom
Begins 9/16/19

Monday 5th Grade Morning Sports in the gym

Wednesday 4th Grade – Morning Sports in the gym

Friday 3rd, 4th and 5th Grade – Fit Club outside (weather permitting)

Morning Sports and Fit Club participants should meet on the steps of the main entrance around 7:40. *Students NEED to be on time.*

What is Fit Club?

Fit Club is an outdoor version of morning sports where students get a chance to work at their own pace. They can participate in the stretching routine, jogging or walking the track, running the stadium steps or jumping rope. Each student will wear a pedometer and be encouraged to “step” as much as possible. Students who step 3000 steps or more will have an option to play a game or activity.

At each Fit Club there is a chance to earn the title of STEP LEADER. 4 Students with the most steps at the end of Fit Club will be recognized! Good Luck and Have Fun!!

Fit Club Is for all 3rd 4th and 5th grade students and will be held Outside....*Weather Permitting.*

Fit Club is held outside on the track and field. It is WEATHER PERMITTING.

If it's raining, wet or snowy, it is Cancelled. DO NOT COME!

Thank you!

Mr. Yocom

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