



7th8th Graders

Choice Board: Miller,
Dreher, Stutesman, Sosa

MARVELOUS MONDAY:

Spell Your Name Workout

Directions:

Copy & paste the URL below into your browser. Have fun and Challenge everyone in your family.

https://www.bing.com/images/search?view=detailV2&ccid=ZszP1L18&id=8A027C3D1F4255B176DC7C48842A1A206FF1DAD2&thid=OIP.ZszP1L18IzZV8Deayon2hQHaf_&mediaurl=https%3A%2F%2Fthumbs.dreamstime.com%2Fb%2Fspell-your-name-workout-funny-blackboard-full-examples-effective-healthy-76627866.jpg&exph=647&expw=800&q=Beginner+Workout+Spell+Your+Name&simid=608013626097994719&selectedindex=47&ajaxhist=0&vt=0&eim=1,2,6&sim=11

TERRIFIC TUESDAY:

Cardiorespiratory Endurance workout:

Directions: Go on a 30 - minute walk, 15 minutes in each direction.

Option for safety: Walk within parent's parameters for 30 minutes without stopping.



WORKOUT WEDNESDAY:

Spell Centennial Rocks Workout:

Directions: Copy the huge, long URL from Monday, then paste it in a browser and spell:

Centennial Rocks!



TRAINING THURSDAY:

Cardiorespiratory Endurance Workout:

Directions: 20-minute walk / jog Walk 1 minute,
Jog 3 minutes

**Repeat 5 times.*



FITNESS FRIDAY:

Spell Proud Patriot Workout:

Directions: Copy the huge, long URL from Monday, then paste it in a browser and spell:

Proud Patriots!

SENSATIONAL SATURDAY:

Cardiorespiratory Endurance workout:

Directions: Family Hike or Walk. (6' feet apart as you walk.)



