



MAY 6, 2020; 10:00 AM or ANY time that works for you!



ALL Children Exercising Simultaneously

<https://lensaunders.com/aces/>

“On May 6th, 2020 at 10 AM, all the children will either exercise, walk, jog, bike, dance, do aerobics, or a combination or all the above. Each school organizes its own participation assembly for the 15-45 minutes the program runs. There is no specific routine to follow, just have the children do some form of exercise at 10 AM. Feel free to be as creative as you would like.” Len Saunders, NJ, PE colleague.

Now what?

- Be creative, choose exercises you and your family enjoy doing.



- Get those heart rates up.
 - Send me pics., videos, emails;



ldagostino@brunswick.k12.me.us

○ W/ adult/family permission, I will post them on HBS library site under Phys. Ed. link.

Have fun!

