

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Recess 50 min CHALLENGE STARTS Phys. Ed: 3/4 class – 60 min. 7/8/9 class – 60 min. Wellness – 60 min. 3/4/5/6-Basketball	2 Recess 50 min Phys. Ed: K/1/2 class – 60 min. 5/6 class – 60 min. Wellness – 60 min	3 Pack the Park or the Hall (weather permitting- 2-4:30) Games and Activities for families outside at the school play ground
4 Get outside and get some exercise or move around inside! Every minute of physical activity counts!!	5 Recess 50 min Phys. Ed: 3/4 class – 60 min. 7/8/9 class – 60 min. Wellness – 60 min.	6 Recess 50 min Phys. Ed: K/1/2 class – 60 min. 5/6 class – 60 min. Wellness – 60 min. K/1/2 Basketball FREE: Yoga @ 7:30 @ Hall	7 Recess 50 min Phys. Ed: 3/4 class – 60 min. 7/8/9 class – 60 min. Wellness – 60 min FREE: Pilates @ 7:30 @ Hall	8 Recess 50 min Phys. Ed: K/1/2 class – 60 min. 5/6 class – 60 min. Wellness – 60 min. 30 minute school/community walk 3/4/5/6 Basketball FREE: Yoga @ 7:30 @ Hall	9 No School Kenaston Rink is open for Public Skating FREE: Boot Camp Fitness Class @ 7:30 @ Hall	10 CHALLENGE ENDS!!! Challenge End Skating Party @ Kenaston Rink 1-4:30pm

Here is a list of activities that are going on at school and in the community to get everyone active!!! Walking, stretching, exercise videos, shoveling snow, intramurals, physical education, extra-curricular activities, cleaning, indoor games- **ANYTHING ACTIVE COUNTS!** Enjoy a FREE session of Yoga, Pilates and Bootcamp!! **10 days, 120 minutes a day**.....Let's get active Kenaston and show our community spirit and earn **\$10,000!**

