

## Thorbeckes Fitness Challenge

The past few days I have been working in conjunction with Thorbeckes Athletic Club to find ways to keep our students active. Here is the challenge;

- 10 week online PE challenge
- Every Monday, Wednesday, Friday a different challenge will be posted online to the Thorbeckes Facebook page
- Each week, fill out the calendar provided below and after the 10-week challenge you will return it to any of the Thorbeckes locations in our area

How do I enter the Challenge?

- Go to the Thorbeckes Facebook page and “Like” it
- Join the Thorbeckes PE “Private” group and wait to be accepted
- If you don’t see it on the Thorbeckes Facebook page just search “Thorbeckes At-Home PE” in the search bar
- The form can be printed from this link <http://bit.ly/2UesMQW>
- Keep track and log your fitness challenge on the dates provided
- Have Fun!!!

What do I receive for my hard work?

- All participants who complete 75% of the PE activities will receive free admission to the Thorbeckes Summer Camp this year
- This is **NOT** just for Thorbeckes members. It’s for all children ages 5-12 looking for extra opportunity this summer to attend camp
- This is not a graded assignment by me, it is simply an opportunity for your child to achieve fitness goals and attend Summer Camp
- MS/HS students that sign up and participate will achieve extra credit from me
- Any questions about this email me at [bannishc@adnaschools.org](mailto:bannishc@adnaschools.org)