



Greetings Leverett Families!

April 7, 2020

We are excited to announce our optional three week [Get Moving Challenge](#). We realize how hard it can be to keep kids active during this time of school closure and cancelled activities. We hope that this challenge will be a fun way to motivate LES students to keep moving.

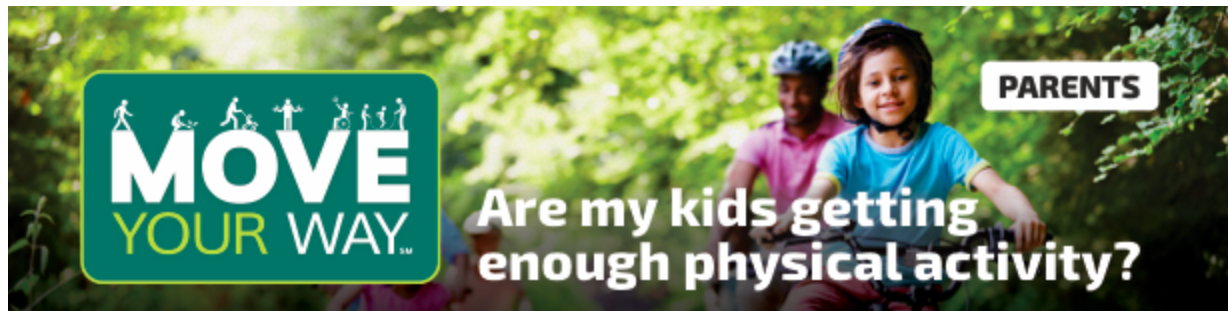
Here's how it works. Students will record their weekly activity minutes on the attached tracking sheet. Aim for a goal of at least four hours a week - the more the better! If your child is already exercising more than four hours a week, make a goal of increasing their current daily active time by 15 minutes. At the end of the week, email your child's completed sheet to Nurse Leah or Coach Sadie. We will let your child know how proud we are of their accomplishments and motivate them to *keep moving*. Students who participate in all three weeks of the challenge will receive a special charm and certificate in the mail.

Try out some of these ideas for fun ways to rack up those activity minutes:

- Check out [Coach Sadie's PE blog](#) for lots of fun fitness games and activities.
- Take a walk, run, hike, or bike ride.
- Have a dance party.
- Get outside and play a game of tag, soccer, or monkey in the middle.
- Have your child set up an obstacle course around the house and set a timer to see how quickly they can complete it. Can they beat their time?

We are excited to see how often students are moving, and to learn about their favorite ways to stay active at home.

Coach Sadie and Nurse Leah



You know kids need physical activity to grow up strong and healthy.

But did you know it can help them feel better right away?



Better sleep



Better mood



Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

How much do they need?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.



At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity**.



Is it moderate or vigorous?
Use the "talk test" to find out.

When you're being active, try talking:

- ✓ If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- ✓ If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity
At least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity
At least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

My kids are younger than 6. What about them?

Younger kids love to be active naturally!

- Aim to keep them moving 3 hours a day — and more is better
- Limit time when they're just sitting around (like screen time)

What counts?

Whatever gets them moving!



Encourage active play
with friends



Give them rewards
for active chores



Sign them up for free or
low-cost sports or classes

Or get active together!



Make your morning
walks a race



Dance while dinner's in
the oven



Show them your favorite
ways to move

Most of all, help them find activities they really like to do!

It all adds up. And so do the benefits.

Help them get active now, and they'll build healthy habits for life.

So take the first step. Get your kids moving. And when you can, move with them!

Find out how your kids can get 60 minutes of activity every day.

health.gov/MoveYourWay/Get-Kids-Active





LES Get Moving Challenge

Name _____

Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Minutes Active Per day							
Total active minutes this week							

What did you spend most of your active minutes doing this week?

Please send a copy of your completed log (can be in PDF, document, email, handwritten whatever you have access to) to Nurse Leah or Coach Sadie on the following Monday's

Week of April 13th-April 19th is due Monday April 20th

Week of April 20th-April 26th is due Monday April 27th

Week of April 27th-May 3rd is due Monday May 4th

Any photos you wish to share of you participating can also be sent along to us!

Nurse Leah hirshberg@leverettschool.org

Coach Sadie graham@leverettschool.org