

October Spotlight is.....



We focus on keeping our bodies clean! The importance of washing germs away and eating healthy foods that help keep our body clean on the inside!

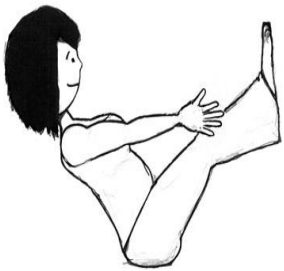
Week 1: Germs! We learn where we find germs and how to rid of those GERMS that get us sick! Eating healthy foods help fight germs inside our bodies.

Week 2: Our Skin; Stars learn about the important job of our SKIN. How it protects us, and how we need to keep it clean and healthy.

Week 3: Brushing Our Teeth; Brush those sugar bugs away! We learn the importance of brushing and flossing our teeth. Not too much Candy as it leaves "Sugar Bugs"!

Week 4: Water; Stars take a pirate adventure looking lost barrels of WATER. We also learn how we need water to clean the outside and Inside of our bodies!

Stars Keep Clean and Practice Good Hygiene!



Stretch Pose = Boat

Muscle of the Month:
Abdominal & Oblique

Here's What We Worked On:

Strength Training:

- * Pushups, * Hopping *Squats
- *Lunges *Resistance Bands
- *Abdominal Crunches

Balance & Coordination:

- *Balance Domes * Leaping
- *Throwing & Catching

Aerobic:

- * Jumping Jacks * Running
- *Skipping *Gallop

Exercise of the month:
Abdominal Crunches