

September Spotlight is.....

EXERCISE

This Month we are taking fun adventures with our friend Gus. Gus teaches us the importance of exercise and keeping our heart HAPPY.



Week 1: Importance of Exercise and what ways we can exercise and have fun.

Week 2: Our Muscles; we use our muscles everyday and they get stronger when we exercise. We sang our muscles song!

Week 3: Our Heart; Our heart is a strong muscles that we need to exercise to keep happy and healthy.

Week 4: Not too much TV; Our body needs to move and watching too much TV is not healthy for us! We learned other funs things we can do instead of watching TV!

Here's What We Worked On:

Strength Training: *

Pushups, * Hopping *squats
*lunges *resistance bands

Balance & Coordination:

*balance domes * leaping
*Throwing & Catching

Aerobic: *

Jumping Jacks * Running
*Skipping *Galloping

Stretch Pose = Tree	Muscle of the Month: Biceps/ triceps	Exercise of the month: Pencil/Stars (jumping Jacks)
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