

P.E. Choice Board of the Week

Hybrid Learners- Choose and complete a minimum of **ONE** activity this week.

Remote Only Learners- Choose and complete a minimum of **TWO** activities this week.

Attend a FREE lacrosse camp. Scroll Down to 2nd page for full camp brochure. 	<u>Jump Rope Workouts!!</u> This is a good alternative to running for cardio. 	Complete the workout of the day on <u>Darebee.com</u> Level 1-3 reps Level 2-5 reps Level 3-7 reps 
YOGA with Adriene <u>https://youtu.be/oBu-pQG6sTY</u> 	AMRAP As Many Reps as Possible Repeat these exercises, in order, as many times as you can in 10 minutes: -10 Jumping Jacks -8 Squats -6 Mountain Climbers -4 Pushups -2 Burpees	Practice drills for your favorite sport, or physical hoppy such as bike riding or skateboarding 20-25 minutes. 
Find a quiet space, pop in some earbuds, and reset your body and mind with this <u>guided meditation</u> from Headspace. If you like meditation, then download one of these <u>apps</u>	Complete a 15-25 minute run on a treadmill or outdoors in your neighborhood. Be sure to get permission and practice social distancing.  You can use your "map my fitness" app to track how far you are running.	Take your dog for a 30 minute walk. (If you don't have a dog, you can take one with your family or a friend) 

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LEARN TO PLAY THE THE FASTEST GROWING SPORT IN THE COUNTRY



PRESENTS

MILL VALLEY LACROSSE MINI CAMPS



DARE TO TRY SOMETHING NEW

NO EQUIPMENT OR EXPERIENCE NEEDED!

OPEN TO AGES 9-18

Mill Valley Lacrosse Club invites you to join us at one or all of our Fall 2020 Lacrosse

FREE MINI-CAMPS!

These FREE events are designed to introduce the game of lacrosse to kids who want to learn more about the sport. Kids will be introduced to lacrosse equipment and learn a few basics about the sport.

This is a low commitment, low cost opportunity to learn about the game before signing up for a whole season of play.

NO EXPERIENCE OR EQUIPMENT NEEDED

Open to kids age 9-18.

FALL 2020 DATES

SAT. OCTOBER 10

SAT. NOVEMBER 14

9:00-10:30 AM

GARRETT PARK

22325 W 47TH ST, SHAWNEE, KS 66226

FOLLOW US!



mvlacrosse.com | millvalleylax@gmail.com

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