



**SEPTEMBER 2022**

**FITNESS CHALLENGE:** Throughout the school year students will be challenged to regularly participate in physical activity. The fitness challenge for the month September is for students to perform 100 of their favorite exercises. They can complete all of the repetitions at one time or a few each day until they reach 100. Some examples include, but are not limited to; jumping jacks, burpees, push-ups, sit-ups, etc. When the student has completed the challenge a picture or video must be added to the class Dojo story. Students in K-4th grade will post on the K-4 Dojo page and students in 5-8th grade will post on the 5-8 page. Upon completion of the challenge, students will receive 5 Dimmick Fit points on class Dojo.