

Exercise your Way to Santa's Workshop!



For the month of December we will be doing something a little different for P.E. You are going to do exercises to try and get all the way to the North Pole to Santa's Workshop! You will track your exercises and numbers and post them to a shared google doc every Wednesday, and I will post a video update!

Here is some information about Santa's Workshop

Distance from Webutuck Elementary School: **3,326 miles**

Santa visits over 90 million homes in one night (that's 90,000,000)

Santa's Sleigh can travel at the speed of light which is 671,000,000 miles per hour!



*** Exercise Tracking ***

Each exercise you do will help our school reach Santa's Workshop! 3,326 miles is a LONG way to go so we all have to work together to reach him in time! Here are some of the exercises we do and how many we need to do for 1 mile. (Remember, if you go for a walk or hike with family that counts too!)

Jumping Jacks: 720 = 1 mile

Yoga: 20 minutes = 1 mile

Hulk Jumps: 200 = 1 mile

Spiderman: 350 = 1 mile

Dancing: 12 minutes (about 3 dances) = 1 mile

Flash Run: 10 laps outside = 1 mile

****PLEASE READ BELOW****

Please watch the video by clicking on the link below explaining how we will be tracking our travel to Santa's Workshop and how you can track activities you do outside of the P.E. class! The following links will help you and your family understand how to track your progress towards Santa's Workshop! Remember, every little physical activity can help. Please be sure to watch the video to understand.