

E3SPORTS September 2019

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|---------|-----------|--------------------------|--------|----------|
| 1 | 2 | 3 | 4 | 5 First Day of School | 6 | 7 |
| 8 Polite Jog in Place | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 Respect Pogo Hops | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 Friendship In-Outs | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 Sharing Frog Jumps | 30 School Closed (Rosh Hashanah) | | | | | |



Words of the Week

9/9: Polite
9/16: Respect
9/23: Friendship
9/30: Sharing

Movement Puzzles

9/9: Jog in Place
9/16: Pogo Hops
9/23: In-Outs
9/30: Frog Jumps

Games of the Month

| | |
|------------------------|----------------|
| K-3 | 4-5 |
| 1. Simon Says | 1. Telephone |
| 2. Hula Hoop/Jump Rope | 2. Relay Races |
| 3. Soccer | 3. Foursquare |

E3SPORTS October 2019

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------------------|---------------------------------------|------------------------------------|----------|--------|----------|
| Sharing Frog Jumps | | 1 School Closed (Rosh Hashanah) | 2 | 3 | 4 | 5 |
| 6 Leadership Star Jumps | 7 | 8 | 9 School Closed (Yom Kippur) | 10 | 11 | 12 |
| 13 Vision Arm Circles | 14 School Closed (Columbus Day) | 15 | 16 | 17 | 18 | 19 |
| 20 Open-Minded Shoulder Stretch | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 Kindness High Knees | 28 | 29 | 30 | 31 | | |



Words of the Week

10/1: Sharing
 10/7: Leadership
 10/14: Vision
 10/21: Open-Minded
 10/28: Kindness

Movement Puzzles

10/1: Frog Jumps
 10/7: Star Jumps
 10/14: Arm Circles
 10/21: Shoulder Stretch
 10/28: High Knees

Games of the Month

| | |
|--------------------|--------------------|
| K-3 | 4-5 |
| 1. Duck Duck Goose | 1. Movement Memory |
| 2. Fishy Fishy | 2. Birthday Tag |
| 3. Gaga | 3. Kickball |

E3SPORTS November 2019

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---------------------------------------|---|-----------|---------------------------------------|---------------------------------------|----------|
| Kindness High Knees | | | | | 1 | 2 |
| 3 Active Carioca | 4 | 5 Students do not attend school (Election Day) | 6 | 7 | 8 | 9 |
| 10 Sportsmanship Butt Kick Jog | 11 School Closed (Veterans Day) | 12 | 13 | 14 | 15 | 16 |
| 17 Hard Work Squats | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 Thankful Skips | 25 | 26 | 27 | 28 School Closed (Thanksgiving) | 29 School Closed (Thanksgiving) | 30 |



Words of the Week

11/4: Active
11/11: Sportsmanship
11/18: Hard Work
11/25: Thankful

Movement Puzzles

11/5: Jumping Jacks
11/12: Butt Kick Jog
11/19: Squats
11/25: Skips

Games of the Month

| | |
|----------------------------|--------------------|
| K-3 | 4-5 |
| 1. What time is it Mr. Fox | 1. Steal the Bacon |
| 2. Relay Races | 2. Jump Rope Comp |
| 3. Basketball | 3. Soccer |

E3SPORTS December 2019

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|----------|
| 1 Moderation Lunges | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 Honesty Single Leg Hops | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 Courageous Ankle Rock | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 School Closed (Winter Recess) | 24 School Closed (Winter Recess) | 25 School Closed (Winter Recess) | 26 School Closed (Winter Recess) | 27 School Closed (Winter Recess) | 28 |
| 29 | 30 School Closed (Winter Recess) | 31 School Closed (Winter Recess) | | | | |



Words of the Week

12/2: Moderation
12/9: Honesty
12/16: Courageous

Movement Puzzles

12/2: Lunges
12/10: Single Leg Hops
12/17: Ankle Rock

Games of the Month

| | |
|--------------------|--------------------|
| K-3 | 4-5 |
| 1. Cupstacking | 1. Movement Memory |
| 2. Steal the Bacon | 2. Taps |
| 3. Kickball | 3. Wall Ball |

E3SPORTS January 2020

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------|---------------------------------------|----------|--------|----------|
| Commitment Jumping Jacks | | | 1 School Closed (Winter Recess) | 2 | 3 | 4 |
| 5 Healthy Tricep Stretch | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 Supportive Toe Touch | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 Purposeful Back Bend | 20 School Closed (Dr. Martin Luther King Jr. Day) | 21 | 22 | 23 | 24 | 25 |
| 26 Patience Overhead Stretch | 27 | 28 | 29 | 30 | 31 | |



Words of the Week

- 1/2: Motivation
- 1/7: Vision
- 1/14: Understanding
- 1/21: Yourself
- 1/28: Active

Movement Puzzles

- 1/2: Lateral Shuffle
- 1/7: Shoulder Stretch
- 1/14: Backwards Jog
- 1/21: Frog Jumps
- 1/28: Butt Kick Jog

Games of the Month

- | | |
|-------------------|-------------------|
| <u>K-3</u> | <u>4-5</u> |
| 1. Show How Many | 1. Cupstacking |
| 2. Birthday Tag | 2. Fishy Fishy |
| 3. Foursquare | 3. Gaga |

E3SPORTS February 2020

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|----------|
| | | | | | | 1 |
| 2 Creativity Inverted Hamstring Stretch | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 Humble Lateral Shuffle | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 School Closed (Mid-Winter Recess) | 18 School Closed (Mid-Winter Recess) | 19 School Closed (Mid-Winter Recess) | 20 School Closed (Mid-Winter Recess) | 21 School Closed (Mid-Winter Recess) | 22 |
| 23 Health Backwards Jog | 24 | 25 | 26 | 27 | 28 | 29 |



Words of the Week

2/4: Creativity
2/11: Guidance
2/25: Health

Movement Puzzles

2/4: Inverted Hamstring Stretch
2/11: Lateral Lunge
2/25: High Knee Jog

Games of the Month

| | |
|--------------------------|-----------------|
| K-3 | 4-5 |
| 1. Move Like Animals | 1. Secret Agent |
| 2. Red Light Green Light | 2. Switch |
| 3. Wall Ball | 3. Volleyball |

E3SPORTS March 2020

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|-----------|----------|--------|----------|
| 1 Exercise Leg Swings | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 Recognition Single Leg Stretch | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 Evaluate Pogo Hops | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 Hopeful High Knee Pull | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 Behavior 2 pt Hip & Balance | 30 | 31 | | | | |



Words of the Week
 3/4: Recognition
 3/11: Evaluate
 3/18: Hopeful
 3/25: Sharing

Movement Puzzles
 3/4: Squat
 3/11: Jumping Jacks
 3/18: High Knee Pull
 3/25: 2 Point Hip & Balance

Games of the Month
K-3 **4-5**
 1. **Mystery Number** 1. **Board Games**
 2. **Zombie Tag** 2. **Hula Hoop/ Jump Rope**
 3. **Gaga** 3. **Football Catch**

E3SPORTS April 2020

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 Teamwork Floating Skips | 6 | 7 | 8 | 9 School Closed (Spring Recess) | 10 School Closed (Spring Recess) | 11 |
| 12 | 13 School Closed (Spring Recess) | 14 School Closed (Spring Recess) | 15 School Closed (Spring Recess) | 16 School Closed (Spring Recess) | 17 School Closed (Spring Recess) | 18 |
| 19 Encourage In-Outs | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 Brave Frog Jumps | 27 | 28 | 29 | 30 | | |



Words of the Week

4/8: Thankful

4/15: Worker

4/29: Courageous

Movement Puzzles

4/8: Floating Skips

4/15: Arm Circles

4/29: Straight Leg Walk

Games of the Month

K-3

1. Sharks and Minnows

2. Obstacle Course

3. Spikeball

4-5

1. Balance

2. Agility Ladders

3. Handball

E3SPORTS May 2020

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------------|---------|-----------|----------|--------|----------|
| Brave Frog Jumps | | | | | 1 | 2 |
| 3 Passion Arm Circles | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 Responsible Lateral Jumping Jacks | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 Praise Carioca | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 Trustworthy Ankle Rock | 25 School Closed (Memorial Day) | 26 | 27 | 28 | 29 | 30 |



Words of the Week

4/29: Courageous
 5/6: Worthwhile
 5/13: Polite
 5/20: Praise
 5/27: Open-minded

Movement Puzzles

4/29: Straight Leg Walk
 5/6: Star Jumps
 5/13: Lateral Jumping Jacks
 5/20: Carioca
 5/27: Ankle Rock

Games of the Month

K-3 4-5
 1. Chalk/Drawing 1. Telephone
 2. Fishy Fishy 2. Obstacle Course
 3. Ball Throw n Catch 3. Spikeball

E3SPORTS June 2020

E3Sports implements childhood development activities before, during & after school.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---|-----------|--|--|----------|
| 31 Nice Shoulder Stretch | 1 | 2 | 3 | 4 Students do not attend school (Anniversary Day) | 5 | 6 |
| 7 Personable Star Jumps | 8 | 9 June Clerical Day (certain grades do not attend) | 10 | 11 | 12 | 13 |
| 14 Selflessness High Knees | 15 | 16 | 17 | 18 | 19 Last Day of Recess | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 Last Day of School (Early Dismissal) | 27 |
| 28 | 29 | 30 | | | | |



Words of the Week

6/3: **Personable**
6/10: **Selflessness**
6/17: **Kindness**
6/24: **Honesty**

Movement Puzzles

6/3: **Star Jumps**
6/10: **Jog in place**
6/17: **Single Leg Hops**
6/24: **Jumping Jacks**

Games of the Month

K-3

1. **What time Mr. Fox?**
2. **Agility Ladders**
3. **Handball**

4-5

1. **Steal the Bacon**
2. **Relay Races**
3. **Jackpot**