

Greenfield School 2023



3RD ANNUAL

MOVE-A-THON

Feb. 13 -25

How to participate:



Get moving every day, log daily minutes spent moving, and submit total minutes per week on your Move-a-Thon form by 2/27.

Movement that counts: intentional physical activity such as sports, dancing, hiking, skateboarding, biking, walking your dog, sit-ups, or similar. Walking to school and recess count, too! (Walking to the fridge for a snack does NOT count, sadly.)



Join Weekend Movement Warriors activities on Saturdays at the school: Feb. 18 & 25th, 9-10 am



MOVE-A-THON
FORM

<https://forms.gle/nH2ARRLixsFp9k8M9>

Prizes:



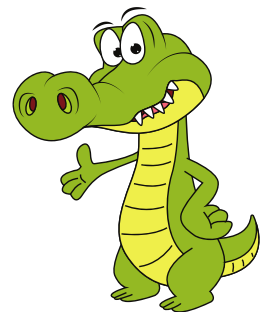
Every student who submits a form will win Gator Bucks!



The three "top movers" (i.e., most minutes) in grades K-2, 3-5, and 6-8 will win Urban Air passes!





The class that cumulatively logs the highest number of movement minutes will win a special prize!



GREENFIELD K8 PTO'S 3rd ANNUAL MOVE-A-THON

Grades 6 - 8 Calendar

- Record all movement minutes each day, then log your weekly minutes at <https://tinyurl.com/GreenfieldK8Move> Be sure to complete the form **by Monday, February 27!**
- Aim for 60 minutes per day of movement.** Use the daily activities below for inspiration. Minutes do not have to be all in one stretch of time or of any one activity. For example, if you walk to school (10 minutes), walk around at recess (15 minutes), have a dance party in your room (15 minutes) and walk your dog (20 minutes), that is equal to 60 minutes for the day!
- Win Prizes!** Win Gator Bucks just for participating and submitting your minutes. Top "Mover" in each grade tier (K-2, 3-5, 6-8) win fun prizes and the class that logs the most minutes overall wins a separate prize.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEK TOTAL
19	February 13	14	15	16	17	18	
Take a hike through Schenley Park	Find a fitness app on your phone or device to track your daily step count. Aim for 10,000/day	Check out Juice & Yoga workout 	Turn up the music and bust a move!	Set your timer for 2 minutes and see how many reps you can do in that time (e.g., jumping jacks, high knees, burpees, push-ups)	Play basketball or walk around at Magee Rec Center	Join the Weekend Movement Warriors at Greenfield School at 9am	
20	21	22	23	24	25		
Choose a movement activity that makes you happy!	Get a deck of cards and assign movements (e.g., mountain climbers, sit ups) for each suit. Do that movement that many times (face cards are 10!)	Walk around while talking on the phone with a friend or family member	Try some Yoga! 	Grab your bike, scooter, or skates and go on a ride.	Join the Weekend Movement Warriors at Greenfield School at 9am		