

PE – Week of April 27th

This week, in addition to the [April Activities Calendar](#), check out [Family Fitness Yahtzee](#) (click here for [score board](#)) and [Chutes and Ladders Fitness Edition](#). If there are any exercises that you are unsure of, just substitute them with others. Another excellent option - [YMCA at Home](#) has free fitness classes and personal wellness resources. There is something for everyone in the family, regardless of current fitness level. Finally, remember to keep pushing yourselves to go further on your 12 minute run with a goal of between 3 and 5 laps (1.2km - 2km). Let us know how you do! 😊