

# Higher Visions For Education



## Fitness for Fun and Health

Quarter Two 2017

### Week 4 Summary



### **Week IV Review**

This week, we were so excited to have guest teacher Sarah Mann, DPT come for her first of two weeks of fitness presentations and activities. Coach Sarah led the class through the techniques and goals of a set of four exercises (no equipment required!). Students were given a Mann Method folder with a visual chart of the exercises, and should aim to complete the whole set 5 times this week, checking off the exercises on their chart as they complete them.



In addition, Sarah led the group through creating Healthy Life Vision Boards using healthy, motivational pictures (either real or cut out from magazines). Photos can be of fitness, exercise, healthy eating and overall healthy lifestyle choices; the most important thing is that they are motivating to the student! Students should finish their vision boards for homework this week.

Next week, Coach Sarah will be returning to deliver week 2 of her HVE guest teaching project. Students should wear sneakers and clothing appropriate for exercise.

### **Message for Students:**

- Coach Sarah is coming back next week, so dress for exercise
- Bring your completed exercise chart
- Bring your completed healthy vision board
- Bring your completed April step count calendar



**Save the date for our Spring Potluck Picnic for all HVE families and friends!**

**Saturday May 27, 2:00pm  
Observatory Park, Denver**