

Return to Play Challenge

SWWFS
Athletics

1 	2 	3 	4 	5 	6 
7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 

Name of Student: _____ Grade: _____

Workouts completed: __ / 24

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Date: _____

Return to Play Challenge

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Athletics**

			
50 minutes of playing/practicing your sport of choice	24 Pushups 24 Squat Jumps 24 Jumping Jacks	1-mile run, jog, or walk	24 Mountain Climbers 24 Lunges 24 Burpees
Contact our coaches or athletic director for individual training ideas	1 round of exercises = Beginner 2 rounds of exercises = Intermediate 3 rounds of exercises = Advanced		

Who Can Play

The challenge is intended for students in grades 4-8. However, all students at SWWFS are eligible to participate.

How to Play

- Complete 24 days of workouts before November 24 (Thanksgiving Break)
- Have your parent/guardian sign the bottom to confirm completion and email it to Philip.tavares@k12.dc.gov by November 24, 2020

Prizes

Every student that completes the challenge will be entered into a drawing for stainless steel water bottles, sport bags, or gift cards to Chipotle or Subway. Winners will be announced in the first week of December.