

Mon

Tue

Wed

Thu

Fri



### Fit & Fun Drive Calendar of Events

Nashua Elementary PTA– Kickoff September 24th, 2020

Questions about prizes and other program details can be directed to the coordinator by email:

Megan with PTA-

[meganmicek12@gmail.com](mailto:meganmicek12@gmail.com)



			<p>24</p> <p><b>KICKOFF!!</b></p> <p><b>Kickoff Video Link:</b> <a href="https://vimeo.com/461206033/92d90bf422">https://vimeo.com/461206033/92d90bf422</a></p>	<p>25</p> <p><i>Fun &amp; Fit Day 1:</i></p> <p><i>Jump Squats</i> <i>Bush Whackers</i> <i>Tortoise &amp; Hare</i></p> <p><a href="https://vimeo.com/455376857/935b7e1td6">https://vimeo.com/455376857/935b7e1td6</a></p>
<p>28</p> <p><b>Fun &amp; Fit Day 2:</b></p> <p><i>Sumo Squats</i> <i>Windmills</i> <i>Wood Choppers</i> <i>Fish Jumps</i></p> <p><b>Video Link:</b> <a href="https://vimeo.com/455992314/a036dfb840">https://vimeo.com/455992314/a036dfb840</a></p>	<p>29</p> <p><b>Fun &amp; Fit Day 3:</b></p> <p><i>Let's Go Joe Dance!</i></p> <p><b>Video Link:</b> <a href="https://vimeo.com/456092001/cb74a2cd69">https://vimeo.com/456092001/cb74a2cd69</a></p>	<p>30</p> <p><b>Fun &amp; Fit Day 4:</b></p> <p><i>Knee Hugs</i> <i>Standing Sit-Ups</i> <i>Lunges</i> <i>Dab Lunges</i></p> <p><b>Video Link:</b> <a href="https://vimeo.com/457613730/42205a20b8">https://vimeo.com/457613730/42205a20b8</a></p>	<p>1</p> <p><b>Fun &amp; Fit Day 5:</b></p> <p><i>Walkouts</i> <i>Jumping Jacks</i> <i>Pushups</i> <i>Mountain Climbers</i></p> <p><b>Video Link:</b> <a href="https://vimeo.com/457614159/68629f69b2">https://vimeo.com/457614159/68629f69b2</a></p>	<p>2</p> <p><b>Fun &amp; Fit Day 6:</b></p> <p><i>Video Game Dances!</i></p> <p><b>Video Link:</b> <a href="https://vimeo.com/457614659/9ffbd51f33">https://vimeo.com/457614659/9ffbd51f33</a></p>
<p>5</p> <p><b>Fun &amp; Fit Day 7:</b></p> <p><i>High Knees</i> <i>Shorts Kickers</i> <i>Shadow Boxing</i> <i>Jump Bursts</i></p> <p><b>Video Link:</b> <a href="https://vimeo.com/457615484/5798a123de">https://vimeo.com/457615484/5798a123de</a></p>	<p>6</p> <p><b>Fun &amp; Fit Day Final</b></p> <p><i>Fit &amp; Fun Day</i> <i>30 Minute Workout Day!</i></p> <p><b>Video Link:</b> <a href="https://vimeo.com/416215491/1cdd638ff6">https://vimeo.com/416215491/1cdd638ff6</a></p>			

### Important Links:

School Website- <https://nashua2020.pledge-drive.net> Use School Code: 2E4C

Teacher Portal- <https://nashua2020.pledge-drive.net/teachers?code=T075C8BE6>

Copy and Paste to share with parents- <https://nashua2020.pledge-drive.net/?code=2E4C>