



***"A Unified Community Educating the Whole Child"***  
*Healthy, Safe, Supported, Engaged, Challenged*

### **Snow Day Challenge #3**

Here's how it works:

- To participate in the challenge you will need to complete an indoor and/or an outdoor activity.
- After you complete the activity, you will fill in the Snow Day Challenge Log.
- Bring your log to school and share it with your physical education teacher.
- *With your parents permission*, send pictures and videos to [snowdaychallenge@ercsd.org](mailto:snowdaychallenge@ercsd.org)

Are you ready for East Ramapo's *third* snow day challenge of 2016? If you are, then let's get moving.

#### **Here's your third challenge:**

##### **Indoor**

Push-Up/Sit-Up Challenge: Throughout the day perform 4 different types of push-ups/sit-ups 20 at a time. Try to reach 100.

and/or

Make an informative video on how to prevent frostbite and hypothermia. You can record the video inside or outside.

##### **Outdoor**

Play Snow basketball - see how many snow balls you can throw into a bucket or trash can. Play against a friend.

and/or

Hop in the snow to work on jumping. Pretend you are a rabbit going through the snow and try and jump over parts of the snow.

