Students in 3rd – 6th grade are finishing their Virginia Wellness fitness testing. These tests include the PACER, cadence curl-ups, cadence push-ups, trunk lift, and shoulder stretch. In addition, students learned about the five fitness components which include: cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

Students in K-2nd grade are participating in movement activities in the gym. They are learning how to move in their own personal and general space.

Field Day is on Tuesday, October 20th. 4th – 6th grade is from 9:45 – 11:45 and 1st – 3rd from 1:30 – 3:30.