

Fitness Friday

Every Friday will be a "Fitness Friday" at TVEC which will be based on the CrossFit Kids Curriculum.

What is CrossFit for Kids? The most basic answer is.... FUN with a PURPOSE!
CrossFit is a challenging yet fun way to exercise!

CrossFit defines itself in three categories:

1. **CONSTANTLY VARIED** — always changing the workouts, never letting your body adapt.
2. **HIGH INTENSITY** — Intensity is the act of creating power (power = force multiplied by distance divided by time).
3. **FUNCTIONAL MOVEMENTS** — Are movements humans were built for. Movements that are natural and safe. Movements we use in everyday life such as squatting, deadlifting, pulling yourself up, etc.

CrossFit Kids is a strength-and-conditioning program that we want to incorporate into our regular physical education curriculum. Each class will get at least one CrossFit Friday a month, based on our 12 day cycle schedule. Our goal is to build kids' strength in developmentally appropriate ways. CrossFit for kids is not about lifting heavy weights or running faster... it's about learning how to move more efficiently and getting kids to enjoy physical activity. CrossFit is fun and enables everyone to feel successful.

CrossFit targets: Agility, Balance, Coordination, Endurance, Flexibility, Power, Speed, Stamina, Strength.

Find out more information at: <http://crossfitkids.com/>