

LET'S DANCE!!!!

Week: April 6-April 10.

Coach Hall and Coach Waldon would love to see how you are keeping physically fit and making healthy choices during COVID 19. We will be posting weekly challenges for you and your families every week.

Did you know that dancing is aerobic exercise? It can help reduce the risk of cardiovascular disease, help weight control, and it helps reduce stress? This week we would LOVE to see a video of you and your family line dancing. The video must be at least 3 minutes. Please make sure all music is clean. Email the video to hallzn@scsk12.org

We will upload the video to the Cummings Facebook page every Friday and let our friends vote on the winners. Make sure you are creative and invite your family and friends to like our page.

If you have any questions contact Coach Hall (hallz@scsk12.org) 662-540-1741 or Coach Waldon (waldonjj@scsk12.org)



