

## PE Central Best Practices

Dear "rising" 5th Graders!

Summer is upon us and that means that when you return to school in August, you will be the LEADERS of the school! I believe it will be a fantastic year and I am already excited about it! You know that leaders SERVE others. Let's begin this service over the summer!

We will begin with "Charity Miles." Here is the website: [www.charitymiles.org](http://www.charitymiles.org). What you do is download the free App, "Charity Miles," either on an Android or Iphone. If you do not have this type of phone, you can still record your exercise! It's as easy as this: GET MOVING! Bikers earn 10¢ a mile and walkers and runners earn 25¢ a mile. There are 25 charities to donate to when you exercise. YOU get to choose each time you exercise!

Keep a written record of what you have earned on this [form](#). If you walk 2 miles, the App sends 50 cents to the charity of your choosing. It does not seem like much, but can you imagine the impact when so many people use the App! Turn your form into me on the first day of school in August. I am so excited about this. You will be exercising so the gain is twofold! If you do it with a family member, you will get triple the joy, as the "togetherness" you and your family member will share will be a lasting joy! The top three students who earn the most for charity through exercise will be recognized at the first Knight Pride Assembly!

Sincerely,