



## **MES *Virtual* Aloha Run: May 25 – 29, 2020**

*Due to the COVID-19 pandemic resulting in school closure, the Moanalua Elementary School Aloha Run has been rescheduled as a VIRTUAL run. It is TENTATIVELY scheduled for May 25-29, 2020. We are still excited to create a fun and healthy experience for students, while raising money for our school. Thank you Moanalua Ohana for helping us to raise over \$19,000! Congratulations to the TOP Contributing Classes! See the back page for the winners!*

### **How *Virtual* Aloha Run works:**

1. Students create an exercise plan with their parent/guardian - *refer to the back page for details.*
2. After stretching, get ACTIVE! Students have the entire week of May 25-29, 2020 to complete the exercises on their plan.
3. After completing the exercises on their plan, students may ask their parent to record their results on the website below to receive a participation certificate. Visit our website for more information: [bit.ly/AlohaVirtualRun](https://bit.ly/AlohaVirtualRun)
4. Your parent may also email us a photo of you exercising to: [mestechtrek@gmail.com](mailto:mestechtrek@gmail.com) and we will post your photo on the school website at [www.moanaluaelementary.org](http://www.moanaluaelementary.org) - go to the *Virtual Aloha Run* page

### **Tips to Remember**

- Practice social distancing at all times and be safe – avoid places that are closed as part of the state “shut-down”
- Create a running and/or exercise plan
- Stretch before and after physical activity
- Drink lots of water to stay hydrated
- Enjoy a healthy snack following your run

*\*\*Top Contributing Class prizes along with the Aloha Run Shirt order will be distributed at a later date, not yet determined, due to these uncertain times. We thank everyone for your understanding of the delay.*



<b>CONGRATULATIONS!!! TOP CONTRIBUTING CLASSES</b>		
	<b>Lower Grade Division</b>	<b>Upper Grade Division</b>
<b>1<sup>st</sup> Place</b>	<b>K3: Mrs. Wong</b>	<b>A7: Mrs. Sumida</b>
<b>2<sup>nd</sup> Place</b>	<b>A1: Ms. Nirei</b>	<b>B10: Mrs. Fujiwara</b>
<p><i>***Prizes along with the Aloha Run Shirt order will be distributed at a later date, not yet determined, due to these uncertain times. We thank everyone for your understanding of the delay.</i></p>		

<b>CREATE YOUR EXERCISE PLAN</b>	
<p>Choose two (2) activities each from the MODERATE and VIGOROUS category to create your exercise plan with your parent/guardian</p>	
<b>MODERATE ACTIVITY</b>	<b>VIGOROUS ACTIVITY</b>
<i>*You can talk, but not sing during activity</i>	<i>*You won't be able to say more than a few words before taking a deep breath</i>
Power-walk around your house, or up and down your sidewalk	Jogging (add some skipping, galloping, sliding, or a quick sprint here and there).
Dribble and shoot a basketball. How many can you make in a row? From how deep can you shoot the basketball?	Jumping Rope.
Sweep the patio floors and garage with a broom.	Bike-riding with an adult, but not coasting.
Vacuum your carpets in your home.	Dancing
Dribble and kick a ball into a goal. Change the distance to make it more challenging, or add a guard to your goal	Raking your yard, digging, or hoeing.
Other moderate activity of your choice	Other vigorous activity of your choice