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# "Movement Monday"

This school year the Specials Team is excited to announce a new program that all students will participate in on Mondays. The purpose of "Movement Monday" is to get students on their feet and engaged in STEAM centered physical activity. During their specials time, all students will go outside to the PE court. Here we will split them up by class into "Art in movement" "Music in movement" and "Physical movement." Specials teachers will lead their group in various activities designed to keep them moving while they explore STEAM principles. Some activities we have planned are fence weaving, drum fit, and voice and PE-related activity stations.

## What you need to Know:

Please dress your students for outdoor activities every Monday.

- Wear closed toe shoes
- Dress appropriately for the weather
- We do have water fountains outside, or they may bring a water bottle with their name on it.

### Rainy Day Procedures

• In the case of rain or extreme weather conditions we will be indoors in the Music and Art rooms.

Sincerely, **SMES Specials Team** 

