

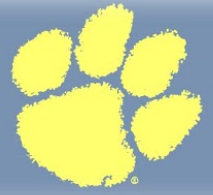


# Avon School

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**2021-2022**

## Summer Resources

### *PE Health/K-8th Grade*

*Edit message and suggested use from teacher*

Resource	Description	Link
<i>OPEN PHYSED - DEAM CALENDAR (JUNE, JULY, AUGUST)</i>	<i>The DEAM calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).</i>	<a href="#"><i>June DEAM Calendar</i></a> <a href="#"><i>July DEAM Calendar</i></a> <a href="#"><i>August DEAM Calendar</i></a>
DAREBEE Workouts	DAREBEE is a fitness resource. The workouts are easy to navigate. Each workout will be explained in a poster format and what reps and sets are and how to count them.	<a href="#"><u>DAREBEE Workouts</u></a>

**Important Tips:**

- [DAREBEE Workouts](#) pick level 1,2 or 3 according to your fitness level.