

30 day WALKING CHALLENGE



Normal
walking



Moderately
fast walking



Fast
walking

DAY 1 5 MIN 	DAY 2 6 MIN 	DAY 3 7 MIN 	DAY 4 8 MIN 	DAY 5 9 MIN 	DAY 6 10 MIN 
DAY 7 REST	DAY 8 5 MIN  1 MIN  4 MIN 	DAY 9 4 MIN  2 MIN  4 MIN 	DAY 10 4 MIN  3 MIN  3 MIN 	DAY 11 3 MIN  4 MIN  3 MIN 	DAY 12 3 MIN  5 MIN  2 MIN 
DAY 13 2 MIN  6 MIN  2 MIN 	DAY 14 REST	DAY 15 4 MIN  1 MIN  1 MIN  1 MIN  3 MIN 	DAY 16 3 MIN  1 MIN  2 MIN  1 MIN  3 MIN 	DAY 17 2 MIN  2 MIN  2 MIN  2 MIN  2 MIN 	DAY 18 2 MIN  2 MIN  2 MIN  3 MIN  1 MIN 
DAY 19 1 MIN  3 MIN  2 MIN  3 MIN  1 MIN 	DAY 20 1 MIN  2 MIN  3 MIN  3 MIN  1 MIN 	DAY 21 REST	DAY 22 1 MIN  2 MIN  4 MIN  2 MIN  1 MIN 	DAY 23 1 MIN  1 MIN  5 MIN  2 MIN  1 MIN 	DAY 24 1 MIN  1 MIN  6 MIN  1 MIN  1 MIN 
DAY 25 1 MIN  7 MIN  1 MIN  1 MIN 	DAY 26 1 MIN  8 MIN  1 MIN 	DAY 27 1 MIN  9 MIN  1 MIN 	DAY 28 REST	DAY 29 1 MIN  10 MIN  1 MIN 	DAY 30 1 MIN  10 MIN  1 MIN 

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Sight Words List Walking Workout Usa

Richard Bailey



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Gr. 2-3 Daily Fitness Activities - 80 Activities Adapted for Classroom & Outside Price, Grace, **Phonics Connections Teacher's Resource Guide** Sharon Vaughn, 2015-01-01 This guide includes lessons that allow you to focus on the foundational skills that are so important to emergent readers as they connect sounds to letters decode words and develop a bank of sight words and academic vocabulary In this guide you will find tools to provide students with explicit and systematic phonemic awareness and phonics instruction Each lesson links to an engaging studentbook that introduces phonics skills and provides a strong text to photo match in order to reinforce comprehension and build content area knowledge *A Reference List of Audiovisual Materials Produced by the United States Government, 1978* National Audiovisual Center, 1978 **A Reference List of Audiovisual Materials Produced by the United States Government** National Audiovisual Center, 1978 *A Reference List of Audiovisual Materials Produced by the United States Government*, 1978 *Remedial Training for Children with Specific Disability in Reading, Spelling, and Penmanship* Anna Gillingham, Bessie Whitmore Stillman, 1956 *School Publication* Los Angeles City School District, 1924 *The Canadian Teacher ...* Gideon E. Henderson, Matthew Parkinson, 1915 **The Alphabet Connection** Pam Palewicz-Rousseau, Lynda Madaras, 1979 *Cambridge Global English Stage 1 Teacher's Resource* Annie Altamirano, Caroline Linse, Elly Schottman, 2014-05-22 Cambridge Global English is a nine stage language rich course for learners of English as a Second Language following the Cambridge International Examinations curriculum framework Teacher s Resource 1 provides step by step guidance notes for teachers for each lesson in every unit to support teaching the content of Learner s Book 1 Notes on Activity Book 1 are also included A unit overview provides a snapshot of lesson objectives and the language and skills covered The notes include answer keys to activities in the Learner s Book and Activity Book complete audio scripts suggestions for differentiation and assessment cross curricular links portfolio opportunities and additional unit linked photocopiable activities and unit based wordlists *The Complete Guide to Learning Centers* Susan S. Petreshene, 1978 *Philippine Journal of Education*, 1924 **Teacher's Guidebook for the Elson-Gray Basic Readers** William Scott Gray, Edna B. Liek, 1936 *Barbe Reading Skills Check Lists and Activities* Walter Burke Barbe, 1976 A unique individualised program for sequential development of reading skills **School**, 1923 *Spelling Strategies that Work* Min Hong, Patsy Stafford, 1997 PRACTICAL WAYS TO MOTIVATE STUDENTS TO BECOME SUCCESSFUL SPELLERS **International Sunday School Evangel**, 1903 *Intelligence*, 1902 *Dry Goods Reporter and Midwest Merchant-economist*, 1926 *The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces*, 1910

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