

April 6, 2020 National Student Athlete Day

Did you know, that Monday, April 6, 2020 National Student Athlete Day. I already know that today at home you will work hard as a student as you continue your at home learning, so in addition to being a student, be an **athlete** too!

Definition of *athlete*

1 : a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina

As seen from the Merriam Webster definition there are many ways of being an athlete. I will give you some ideas on how you can be an athlete, pick one or more to do, so that today, you are a STUDENT ATHLETE!

Show your skills in an exercise, sport, or game!

Practice an actual sports skill. . . . Kick a ball, swing a bat, racquet, or club, play catch with any type of ball, play bean bag toss, play a yard game, shoot a basket, there are many choices!

Show off your Physical Strength, Agility, or Stamina!

Show off your strength by doing push-ups and sit-ups. Show off your agility by moving quickly in different directions, maybe sprint, play tag, jump high, anything that shows you are agile. Show off your stamina by running forever, maybe go for a jog, do yard work forever, show that you have energy to keep going.

Athletes are able to show skill, strength, agility, and stamina, what did you do today to prove you are an athlete?

