

Pleasant Grove Elementary

Staying active & connecting at home!

- **Ride bikes:** Donate or receive a bike on second Sunday of each month from 12:30-1:30 pm. Additional bike event days will be announced in early Spring 2020. If you are interested in donating or receiving bikes, contact bikes@peakumc.org. Always make sure you wear a helmet!
- Bike Safety: [VIDEO!](#)
- **Jump Rope:** Click the link [HERE](#) to learn where to get a rope, as well as lots of single rope skills from Coach Hager!
- YOGA (flexibility & balance): [Cosmic YOGA for kids](#). Parents: [YOGA with Adriene!](#) Purchase: YOGA MAT (Five Below, Target)
- Playing catch: [“O-ball”](#); Also check at Wal-Mart; Target. Five Below. [Textured ball set](#) (especially for K-2nd)
- Home pull-up bar: [Target](#) (\$22); [Amazon](#) (\$23)
- Assistant bands: Click [HERE!](#)
- American Tobacco Trail: <http://www.triangletrails.org/pdfs/OBSERVERMAP.pdf>
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Bike Safety Video





Bike Ministry

We accept donations of used bikes year-round and then hold workdays at the church where members fix, wash, and test ride the bikes so that they can be ridden again. Adults and children can volunteer together! Donate or receive a bike on second Sunday of each month from 12:30-1:30 pm. Additional bike event days will be announced in early Spring 2020. If you are interested in donating or receiving bikes, contact bikes@peakumc.org.

Peak United Methodist Church
1200 N. Salem Street
Apex, NC 27502



HELMET

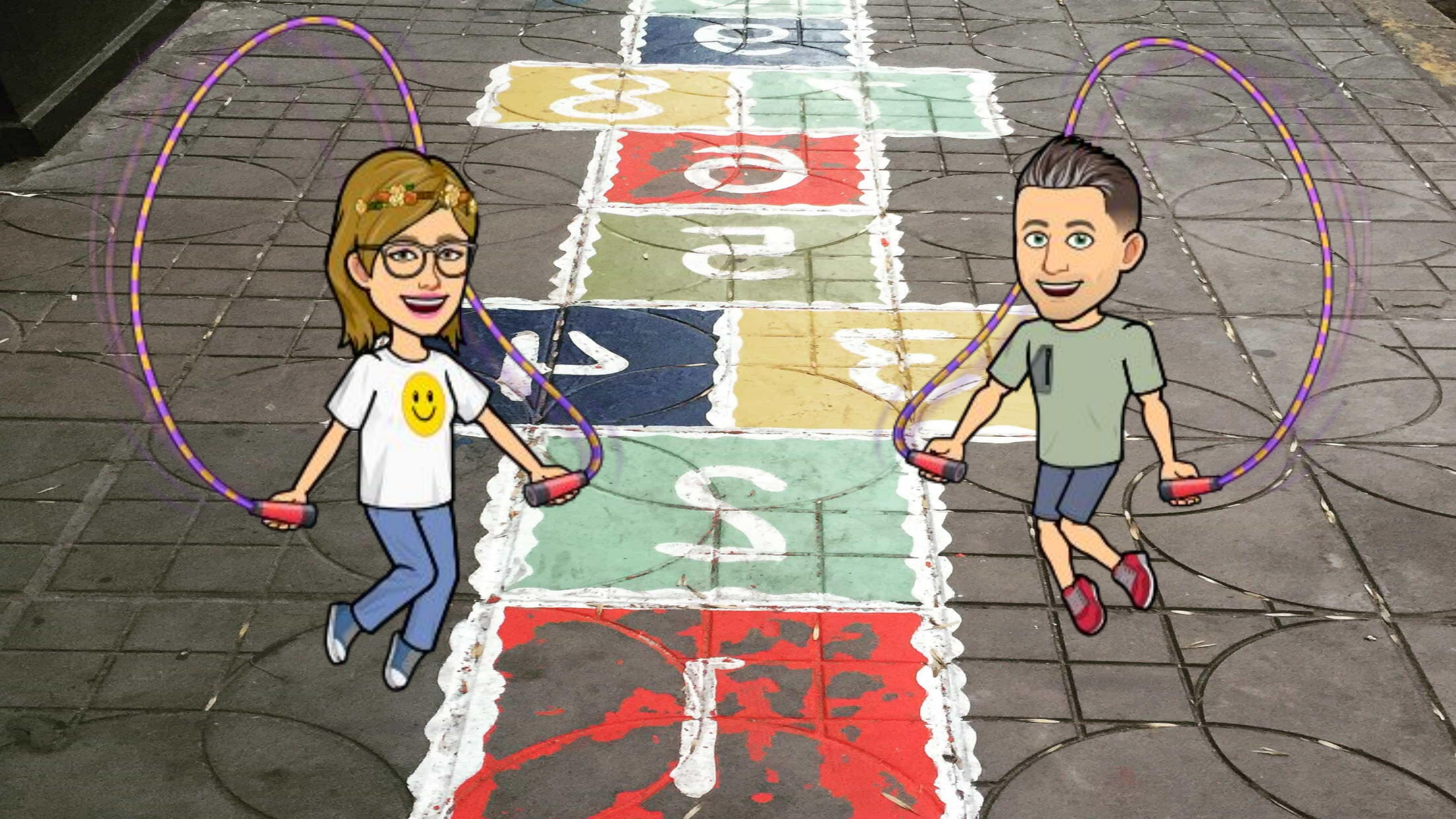


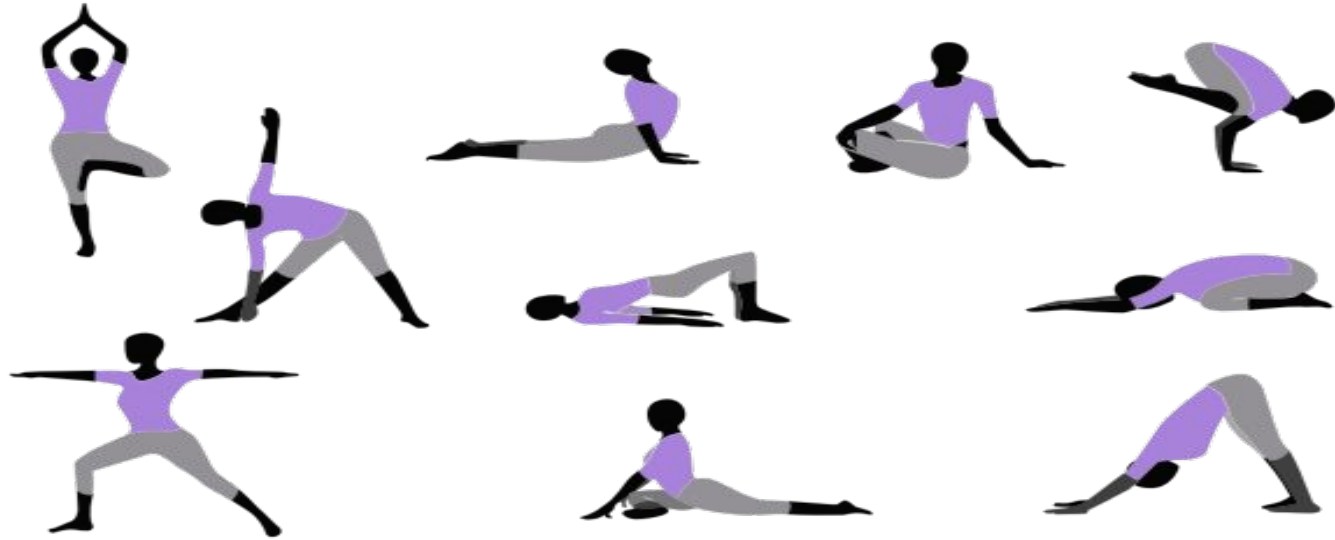
Click Here 

[Jump Rope Skills for PGES](#)



Purchase a speed/licorice rope: [Click Here!](#) Purchase a beaded rope: [Click Here!](#)





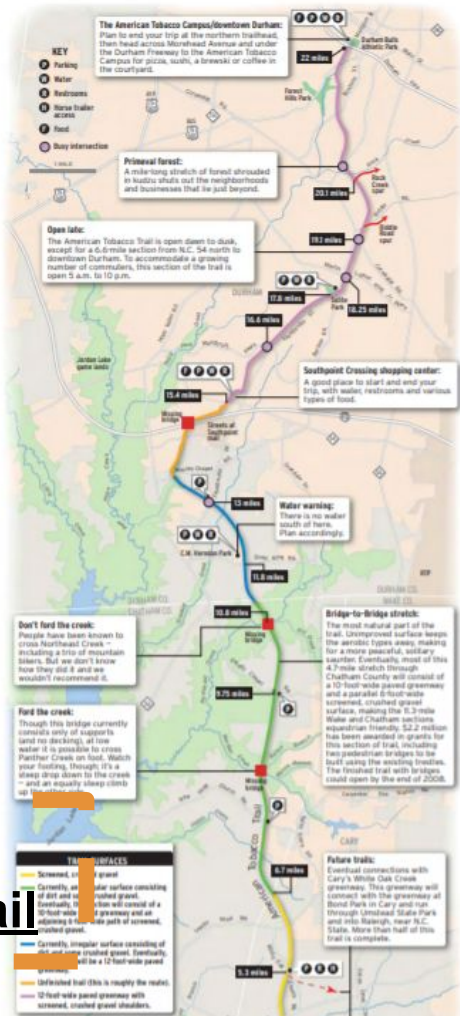
Cosmic YOGA for kids.

YOGA with Adriene!





American Tobacco Trail



Susie Post Post dances as she rides with daughter Rosie, in carrier, and son John on the Durham portion of the American Tobacco Trail near the Durham Bulls Athletic Park.

AMERICAN TOBACCO TRAIL

When completed, the American Tobacco Trail will be the longest trail in the Triangle, stretching 22 miles from western Wake County north to downtown Durham. At present, about 20 miles of trail are open: 6.7 miles in Wake County, 4.7 miles in Chatham County and 9 in Durham County. The main hurdles to completion: two bridges using old railroad ties in Chatham County and a pedestrian bridge over Interstate 40 in Durham near the Streets at Southpoint mall. Because of these hurdles, the trail is divided into four sections. The ATT is the harbinger of a Triangle-wide effort to link up many cities and neighborhoods by greenway and bike path as possible. In one such scenario — a scenario that is about three-quarters complete — using ATT and other greenways, it will be possible to ride a bike, run or walk from Raleigh, through Unstead State Park, Cary and Apex, then onto the ATT in downtown Durham. We mark the Wake County end of the trail our starting point at the bottom of the map at left as the mileage marks are from south to north.

STAFF PHOTOS BY JULI LEONARD



On the Wake County end, the ATT runs across Beaver Creek in New Hill. Other bridges need to be built to make the 22-mile trail complete.



In the Jordan Lake Game Lands you might spot a sea turtle. The Chatham County section is the widest part of the trail.



Playing Catch



O-ball

Textured ball set





Target (Pull Up Bars)

Amazon Pull Up Bars



Assistant Bands

Pull-up assistant bands! Which band is right for you?

Our 3rd, 4th & 5th graders have used these (attached to our pull-up bars on the stage). I highly recommend them!

Check out this link:

[https://www.amazon.com/dp/B0881FR93P/ref=cm_sw_r_a
pan_glt_fabc_D7Z16Q0HBWD3Y5S4SBTS?th=1](https://www.amazon.com/dp/B0881FR93P/ref=cm_sw_r_a_pan_glt_fabc_D7Z16Q0HBWD3Y5S4SBTS?th=1)

Video Workouts by Coach Hager

30 minute H.I.I.T. (High Intensity Interval Training) workouts!

- [Day 1](#)
- [Day 2](#)
- [Day 3](#)
- [Day 4](#)
- [Day 5](#)
- [Day 6](#)
- [Day 7](#)
- [Day 8](#)
- [Day 9](#)
- [Day 10](#)