

# Cranston High School East

## Burpees for the Brave



**RI Department of Veterans  
Affairs Medical Center**

**Duty, Honor, Courage**



***Cranston High School East – Home of the Thunderbolts***

# Background



- ✓ “Burpees For the Brave” is a fund raiser
- ✓ CHSE challenged by Coventry H.S. to a “Burpee” contest to support veterans
- ✓ Coventry Burpee Challenge was on 21 Dec 15
- ✓ Coventry H.S. Raised \$5,165.00
- ✓ Cranston East has accepted the Coventry challenge
- ✓ CHSE proceeds will benefit the RI Dept of Veterans Affairs Medical Center



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# CHSE Burpee Challenge



- ✓ Wednesday March 16, 2016 “G” Day
- ✓ Last period of the day (Period 3) in the gym
- ✓ Students must register to participate
- ✓ Registration fee \$10 / donations welcome
- ✓ Registration 7-11 March 2016 7-00 – 7:30 AM
- ✓ On Challenge day, participants will have 5 minutes to do as many burpees as they “safely” can



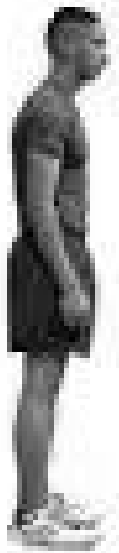
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# The Burpee

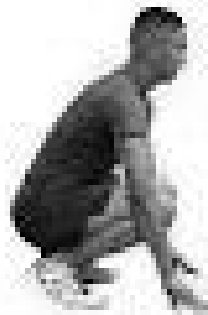


## Five Count Movement

1



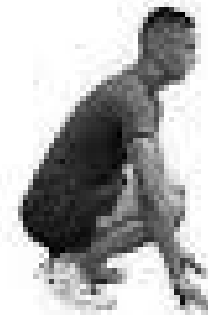
2



3



4



5



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# Burpees for the Brave



Being Brought to you by:

- **The Office of Student Services**
- **The Physical Education Department**
- **Junior ROTC – *Celebrating 100 years of Leadership and Excellence***



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