



The Connecticut Association  
for Health, Physical Education,  
Recreation and Dance



April 2021

Dear School Leaders and Physical Educators:

As President of the Connecticut Association for Health, Physical Education, Recreation and Dance (CTAHPERD), I would like to personally extend an invitation to your school to partake in “**The World’s Largest Exercise Class**” on the first Wednesday of this May. This will be the 33rd anniversary of Project A.C.E.S. (All Children Exercising Simultaneously). Project ACES was created by physical education teacher named Len Sanders in 1989 as a method of motivating children to be active. At **10 a.m. on May 5th**, millions of students from all over the world will exercise together to promote proper health and fitness habits.

Now, more than ever, exercise and social and emotional activities, are integral to build a stronger immune system and increase learning! Project A.C.E.S. is an event that builds connections and community in this time of social distancing and learning online. It is an opportunity to bring families, teachers and students together even though we may be apart. Whether your school is in person, hybrid or on ground, [this site](#) will assist you with ideas to plan a simple and safe Project A.C.E.S. celebration.

Each school has an opportunity to plan its own activity. Suggestions include:

- a school-wide at home fitness walk
- guest speakers/local celebrities via video conference
- an online exercise class
- menu options for exercises and sharing

Administrators: Your physical educator would be a valuable resource in planning for this occasion. Please share this letter with your wellness staff and become a part of this international initiative.

Teachers: Please share this letter with your administrator to explain your idea for students’ participation!

**A.C.E.S. Certificate** - The first **50** schools to register their event with CTAHPERD by the **May 4<sup>th</sup>** deadline will receive a free certificate suitable for display to commemorate their participation. To register email Lisa Galske at [galske@ctahperd.org](mailto:galske@ctahperd.org)

Please provide your school’s full address, phone number, email and contact person so we can properly record your event. **Only request certificates through Lisa Galske**, please ***do not*** request certificates through the Project A.C.E.S. program. Certificates will be mailed in May.

Thank you so much for your attention to this health promoting activity!

Sincerely,

*Amy G. Gagnon*

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CTAHPERD President