



EXPEDITION EVEREST

The **Adventure to Fitness** series continues with *Expedition Everest*. Your adventure guide Mr. Marc leads students on another quest, this time climbing the tallest mountain in the world, Mt. Everest. Mr. Marc's loveable, clumsy assistant Mr. Clock is back for more as well, helping/causing the team to escape from avalanches, rock slides and the jaws of a hungry snow leopard all on their journey to the top of the world. Does a successful summit lay in wait for Mr. Marc and the students or will they never be heard from again? It's their toughest challenge yet: *Expedition Everest*.

Students learn basic nutrition, geography, history, exercise, social and environmental awareness as well as physical coordination through embedded assessment and repetition.

Adventure to Fitness is highly interactive. Students are encouraged throughout the show to respond to Mr. Marc and to actively participate in the adventure through physical movement. The learning continues through pre and post activities found at www.adventuretofitness.com.

