


[Home](#)
[Activities](#)
[Get Social](#)

National Physical Education and Sport Week

Project ACES (All Children Exercise Simultaneously)



Join #ProjectACES in the World's Largest Exercise Class, Wednesday, May 6 beginning at 10 a.m. EDT!

Project ACES, the Youth Fitness Coalition's (YFC) signature program, in partnership with American College of Sports Medicine's Exercise is Medicine® initiative, was created by physical education teacher Len Saunders in 1989 as a method of motivating children to exercise.

Project ACES takes place on the first Wednesday in May as part of National Physical Fitness and Sports Month along with National Physical Education & Sport Week.

Due to Covid-19, millions of participants across the globe will be celebrating the 32nd annual Project ACES® Day 'at home' beginning at 10 a.m.

Project ACES at home begins with an educational component, or a pep talk from a parent or sibling, followed by physical activity. This year, the team created a video to offer 15 to 45 minutes of exercise inspiration. [Download the certificate of completion when you finish!](#)

[Learn more about Project ACES.](#)