Physical Education Plans for Three Week Closure

During these three weeks off from school it is very important that students remain active and are getting exercise. What I am assigning in the area of Physical Education for your child or children is very simple, yet very important. Each week most students have PE only once, therefore I am asking that your child gets **at least** forty minutes of exercise in some way each of the three weeks. The forty minutes represents the time during the week that students would spend getting exercise during their PE class. It is very important to motivate your students to get this exercise and more if possible. Exercise is a great way to keep their bodies healthy and their minds sharp! Below I am going to provide you with examples of exercise that your students would be able to do, or that they could choose from.

Possible Exercise Activities:

- DAILY IN CLASS STRETCHES
- Basketball- Shooting, dribbling, etc.
- Running-races with siblings, or just going for a run outside
- Jogging
- Jump Rope
- Playing catch
- Going outside to play
- Throwing and catching Frisbees
- Practicing kicking
- Push-ups, Squats, Sit-ups
- Practicing catching
- Going for a walk

These are all great ways to get exercise. Any activity that increases your heart rate is great. Again, it is very important that students do not sit around and not do anything at home. Please get the forty minutes of exercise per week that I have asked of all students here at school.

I look forward to seeing all of you after the end of the closure. Take care and be safe!

Mr. Marcus