P.E. away from school: K through 1st, May 26th to June 4th

1. To parents and students: Thank you to all students and parents who have been turning in P.E. work either written or emailed. If you have not been turning in work I will accept it still, so get it to me as soon as you can.We will be continuing to turn in log sheets or for parents who would like to do it to my email address, it is aperez@lonerockschool.org students grades and attendance will come from the paperwork (log sheets or emails) that the students turn in. So it is very important to track what you do and turn it in.

Remember to write down: 1 Dates (2x’s a week) 2. Amount of time. (45 minute per session) 3. Activities

1. Exercise at home options:
2. Do P.E. exercises: Hands overhead jumping, big arm circles, elbows to knees, hopping on one foot, both sides, balance on one foot, both sides, mountain climbers and balance on your bottom with feet together, 3 times 10 seconds each.
3. Spend 45 minutes 2 times a week doing inside or outside exercise activities.
4. Options are: Walking, jogging, throwing a frisbee, riding a bike, kicking a soccer ball around, jumping rope, possibly exercise equipment, or combinations of these, plus other activities that you might do.

C. Parents you might want them to try beginner workout videos:

1. Bowflex - 6 minute standing workout.

2. Billy bank - Tae Bo body shape

3. 10 minute beginner low impact cardio

1. Parents, possibly preview other beginner workout videos.

Thank you, miss you all a bunch!

Be safe, have fun and get your exercise!

Mr. Perez