

Plans for PE

Brad Vinyard

Students,

First of all, I miss seeing you all every day as you come into the gym and ask, "What are we doing today Mr. Vinyard?" This situation has been difficult on everyone. Having said that, I hope you are staying active. I had put together some workouts for the past couple of weeks. What I want to do for the next month is give you some recommendations, but also give you some freedom in your activity.

I am providing you with an activity log that will allow you to record your daily activity. If we were in class, you would have about 30 minutes per day of activity. This is what I would like for you to do. I would like for you to do some kind of physical activity for 30 minutes per day. **This does not have to be a workout.** Feel free to be creative with this. If you are doing yard work, count it. If you are doing chores in the house, count it. If you want to do a workout, of course you can count it. If you are sitting on the couch playing video games, don't count it.

On this activity log, make sure you write the date, what activity you did, how long you did it, and where it says instructor's initials, have a parent or guardian initial it instead. This gives all of us some accountability.

If you want ideas for workouts, feel free to email me at bvinyard@galatiak12.org. I will be more than happy to write up some stuff for you.

I do not want this to be burdensome and stressful. My guess is that many of you are already being active at some point during the day. Just write it down, even if you are simply taking a walk around your neighborhood.

So get up off the couch and go do something!

Sincerely,

Brad Vinyard