

Dear St Paul Parents:

With the changes to our learning environment, physical activity built into the day, such as PE class, recess, sports, practices, etc. has been lost. With students being at home, physical activity is even more important than before, not just for the body, but for the mind as well.

Included with this letter is a physical activity log, students need to average 30 minutes a day per week. These need to be printed and signed by parents and brought to me on our return to school. Some suggestions include the following activities:

- Walking
- Running
- Jumping Jacks
- Jumping Rope
- Dancing
- Exercise Videos
 - See YouTube – PE Central or Coach Benjamin Pirillo
- Animal Walks – Bear Crawl/Crab Walk/etc...
- Tennis (if available)
- Swimming (if available)
- Trampoline Jumping
- Disc Golf/Frisbee Catch
- Bike Riding
- Normal PE Warm-ups:
 - K-2nd Grade
 - Shuffle
 - Gallop
 - Skip
 - Hopping
 - Jumping
 - 3rd-8th Grade:
 - High Knees
 - Butt Kickers
 - Straight Legs
 - Lunges
 - Cherry Pickers
 - Carioca
 - Push Ups
 - Sit Ups/Planks
 - Squats

*****Note – Whomever logs the most time per class will be allowed to pick the activity for one class period of in-person PE.*****

Sincerely,

Coach Stewart