



March 18, 2020

To Mr. Dixon's Students:

I'm sending this communication to your parent/guardian to give to you. Please discuss the following with your parent/guardian. Please get help from your parent/guardian, if needed, when completing your at-home schoolwork. Thanks!

Our State of Michigan Governor, Gretchen Whitman, declared a state of emergency due to the possible spread of the coronavirus. She closed ALL Michigan schools until April 6, 2020. I am providing some educational resources to enable you to avoid the learning gap that might occur during your time away from school. Hopefully, we'll be able to return to school by Monday, April 6. If not, I'll send more educational resources.

Physical Education (PE) - Middle School Teacher:

Please do the following every Monday, Wednesday and Friday, **OR**, every Tuesday, Thursday, and Saturday until we return to school:

- Stretching Activity.
 - Sit on the floor and touch your toes with your fingertips. Hold this position for 10 seconds.
 - Stand up and touch your toes with your fingertips or get as close to your toes as possible. Hold the touching your toes position for 10 seconds. Repeat the activity 5 times.
 - Place your hands on your waist and move side to side (left/right) for 2 minutes. Repeat this activity 5 times.
 - Extend both arms above your head. Hold for 10 seconds. Repeat this activity 5 times.
 - Turn your head left and right for 2 minutes to stretch your neck muscles.
 - Look up, then down, for 2 minutes to stretch your neck muscles.
 - Sit on the floor. Keep your legs locked together and raise your legs about 6-8 inches from the floor. Hold for 10 seconds. Repeat this activity 5 times.

- Walk up a flight of steps for 15 minutes. If you don't have steps/stairs inside your home, walk in a circle, square, or rectangle shape for 20 minutes.
- Do 15 pushups or as many as you can. Repeat this activity 2 times.
- Hop on your left foot for 1 minute. Now, hop on your right foot for 1 minute.
- Sit on the couch, or chair, and relax for 5 minutes. You've completed your PE requirement.

Collaboratively,

Mr. Earl Dixon, B.A., M.A., Ed.S.
Elementary School Tutor and Middle School Physical Education Teacher