

Hi boys and girls,

Hope you are staying active. This week I have an assignment I want you to do. You may do it on your own or as a family. If you are completing this assignment as a family, please include all Geer Park students' names and teachers. The assignment is to create 6 STATIONS that have you getting a good workout. I want you to think about the different body parts that we workout in PE (gym). Think about how we strengthen in our arms, legs, stomach (abs) and heart. I only want each exercise/station to last between 15-30 seconds. When you finish all 6 stations, rest for a minute or two and do them again. Actually, you should be able to do them 5 more times. If you are tired, you can take a break if you need to. Have a water bottle ready so that you can get a drink after each circuit. Here is my sample, try it out.

Activity	How many or how long	Rest
Station 1: Jumping Jacks	10 or 30 seconds	30 seconds
Station 2: Push Ups	10 or 30 seconds	30 seconds
Station 3: Squats	10 or 30 seconds	30 seconds
Station 4: Mountain Climbers	10 or 30 seconds	30 seconds
Station 5: Jog in place	30 seconds	30 seconds
Station 6: Plank	15-30 seconds	30 seconds

Get a drink and rest for 1 or 2 minutes.

Repeat 5 times. Again, rest when you need to. Make it fun, have the family join you.

Don't forget- I want you to create 6 stations. You can use two of my stations but come up with your own for the other 4. There are many different types of exercise you can do to get strong and fit. If you send a picture of you working out, I will make sure it is posted on our school Facebook and/or Instagram page.

Please email them to masiarm@dearbornschools.org

Stay safe and active.

Mrs. Masiarczyk