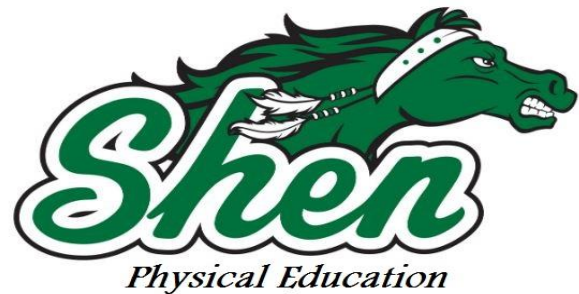


Shenendehowa Elementary Physical Education
Department recommendations for the week of:
3/23/20-3/27/2020

To: Arongen, Chango, Karigon, Orenda, Okte,
Shatekon, Skano, and Tesago Students and
Parents

RE: Virtual/Home Physical Education



Hello Shen Families,

In order to provide universal and consistent recommendations within all of our schools, the Physical Education Department will arrange a list of activities for each week we are out for all students to perform at home from all of our eight Elementary buildings. A new updated letter will be sent out weekly via our SIS system containing a link to the google document. It is recommended that students attempt to achieve 30-60 minutes or more of physical activity a day. Currently we meet twice a week for students in Grades 1-5 and one time a week for Kindergarten. Due to the Covid-19 situation, please use the activities/games/challenges below as a guideline for their Physical Education time in addition to any other activities they are participating in at home (ex. Bike riding). If you are able to join in with the activities, please do so and modify anything based on your child's individual needs/abilities as you see fit.

At the bottom of the document is a recording journal if any students wish to record their activities/minutes. This will not be collected or graded and is solely for their own use as a motivational tool.

Should you have any questions, please feel free to reach out to your individual PE Teacher via their @shenschools.org email address.

Thank you and stay safe and healthy!

-Shenendehowa Elementary PE Teachers