

May 11, 2020

Dear Students and family members,

The physical education program at Ruus is working with resources from OPENPHYSED.ORG to help you stay physically active and healthy while our schools are closed. You can add up your total activity throughout the day to equal 60 minutes. Included in your weekly plan is a 2 week log. Students can log in their physical activities-aiming for 60 minutes a day.

Also included will be a DEAM calendar (Drop Everything And Move). It's important to have fun with being physical and healthy. So pick a day on the list and enjoy, with someone from your home. It's always great to workout with someone. What's great about the DEAM calendar is you do not need equipment. And do not forget to log your activities on your journal-working towards the 60 minutes.

The weekly calendar is set for 5 days of activities. Some of these activities require a minimum of equipment. If you do not have the equipment, skip those and find the activity you can do in your space. The warm ups are all on GoNoodle.

I really want you to have fun and move to your groove. As much as you can, make it a family affair! It's about supporting one another through Distance Learning. Together we will make a difference!

Parents: I am available any day by email: dcarr@husd.k12.ca.us
By phone on Tuesdays 1:00-2:00pm and Thursdays 9:00-10:00am
@ 650) 489-1498

This week: Charades for the family. You can also come up with more words to add to the list.
Question of the Week: What was your favorite Warm-Up and why?

Remember to do your best and have fun with the people in your home.

<https://openphysed.org/wp-content/uploads/2020/03/AX-Xk2-ActiveHome> **Week's Calendar**

<https://openphysed.org/wp-content/uploads/2020/03/04-CAL-> **May's DEAM Calendar**

<https://openphysed.org/wp-content/uploads/2020/03/AH-X8-A> **2 Week Activity Log**

<https://youtu.be/rtC2qADkBuU> **Yoga**

Continue to do the best you can...log in your activities...stay safe

Peace,

Coach Carr

