

Keystone Students and Families,

In regard to the COVID-19 pandemic, I hope all of you are staying safe. I also hope that during this temporary setback, you are staying healthy and are finding beneficial ways to occupy your time.

As your health and physical education teacher, I would like to encourage you to stay healthy and fit during this time. Exercise will not only help you physically, but maybe even more important, it will benefit your mental and emotional health during this time. After being stuck inside the other day, I was finally able to get out for a run. It completely changed my day and my mood in a positive way! I think it will do the same for all of you.

Being stuck at home, it is easy to fall into a pattern of sleeping in late, watching TV and playing on electronics. Although that may sound like fun, many days in a row of that lifestyle will likely lead to an uneasy and sluggish feeling in your body. Almost all of you burst with excitement and can't wait for the time of day that your teacher says, "Time for Recess!" It's then an excited dash for the playground when you get to the back set of doors. Since you look forward to that time of day so much and feel a need for it during the school day – it would only make sense to "give yourself a recess" at home. We are fortunate that it is Spring, and there are days that the weather cooperates and allows you to get outside and get some fresh air. I encourage you to get outside when possible.

If you are stuck inside, there are many exercises that you can do in a very small amount of space. We have done all of these in class. Create your own workout!

Jumping Jacks	Jump Rope	Mountain Climbers
Run in Place	Burpees	Stairs
Squats	Lunges	Push-Ups
Planks	Wall-Sits	Stretches
Dance	Crab Walk	

Playing Cards – Draw a card – do that many ??? (Use the list above)

Tips to keep you safe and mentally and physically in shape:

Follow the rules and directions of you parents. (Where you go – What you do)

Stay safe and do not take unnecessary risks. This is not a good time to need medical attention. Don't sleep too long.

Get your heart rate up in order to give your heart, lungs, muscles, and brain fresh oxygen.

Limit your screen time, or use some of your screen time for educational and creative activities.

Limit snacking and be sure to make junk food and sugary drinks a "sometimes" food.

I will include a link for some workout ideas, but I really encourage you to be creative and make up some of your own. There are also thousands of fitness ideas on Google and YouTube. I speak for all of the special area teachers, in hope that you will use information that you have learned from us to help you stay safe, busy, and motivated during this time. Exercise, read, make/listen to music, draw and create, and use technology to educate yourself and keep your mind sharp. We hope to see you soon!

Mr. Nellis

<https://openphysed.org/activeschools/activehome>