

Bridesburg Elementary School



Re: Health and PE – Covid-19

Dear Staff and Students,

We hope that this message finds you well! As we navigate these trying times together, it is important to remember that we should try our best to maintain a healthy mind, body, and soul.

While it may not be feasible for everyone, it is important to try and take at least 15-20 minutes each day to go outside for a brisk walk or run. Getting fresh air and taking time to move is very important. If you are unable to go outside, Activity Breaks (as we have discussed in class) or if watching a TV program - during commercial breaks, perform an exercise (push-ups, curl-ups, step-ups, run steps) and track your progress. Each commercial break repeat your activity and try to achieve a higher score. You can even implement an exercise of your choice. Trying yoga or following along with some youtube.com fitness videos such as the following can really help:

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

and

<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

For our students, stay active while at home could include keeping a daily journal, log, or picture book of their physical activity. As mentioned, walking, practicing a skill such as shooting a basketball, having a catch, and riding a bike are great ways to keep moving.

We are fortunate that most of our students are active outside of school. Many students play on teams or are involved in leagues. With team sports/activities being cancelled and postponed, it is important that we communicate how important it is for them to do things on their own.

<https://www.medstarhealth.org/medstar-blog/8-tips-for-staying-active-during-the-covid-19-pandemic/>

Regarding maintaining healthy habits, students and parents are encouraged to check out:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>

Using common sense, washing hands, staying home, and following social distancing guidelines is encouraged.

Please feel free to share any ideas that you have! We are open to suggestions and look forward to you sharing our message with the students.

Yours in health and fitness,  
Molly and Brian