

## P.E Information

### From Mr. Wood and Mr. Wolfendale

Hello Bobcats,

I know this is a crazy time for everyone and our social interactions will be limited for a while. That being said, this extra time we have on our hands is a great opportunity to implement some extra fitness into our lives. Lets try our best to turn a negative into a positive. Get outside(if your parents allow it), go for a jog, shoot some hoops, go for a bike ride, walk your dog. Here are some simple exercises that you can do at home with no equipment and are appropriate for any grade level.

1:Push ups: All of my students can do push ups, modify by starting out on your knees and doing them from them.

2: Mountain climbers: Get into a pushup position and then alternate bringing your knees to your elbow. Build up speed as you get the motion and work up a sweat.

3: Bear Crawls: Palms and feet flat on the floor, arch your back so that you look like a momma bear. Race across the floor and roar like a bear.

4: Sit ups: Tuck your toes under a sofa or chair if needed and do some sit ups .

5: Squats: Stand with your knees shoulder width apart, and do deep knee bends. Make sure to keep your knees behind your toes and your arms out in front of you.

6. Planks: Start in the push up position, bend your arms and rest your upper body on your forearms, tighten up your stomach and hold for as long as you can.

Try to get at least 40 minutes of exercise per day. If any of my students would like to reach out to me, I'd love to hear from them, my email is [cmwood@haverhill-ps.org](mailto:cmwood@haverhill-ps.org).