

Dear Geneva Area Elementary families,

As the physical education teacher of the elementary schools, I strongly encourage students to designate **20-30 minutes** of **daily** physical activity. During this online learning time, I have created a suggested fitness and health plan for students to follow:

<b>Cardio</b>	<b>Strength</b>	<b>Coordination</b>
Jogging in place (30 sec. on 30 sec. off) 5 minutes	7-10 push-ups (2 rounds)	Balance on one foot (30 sec. per foot) Each foot twice.
High knees in place (30 sec. on 30 sec. off) 5 minutes	7-10 sit-ups (2 rounds)	Line side hops (30 sec. On 30 sec. off) 3 minutes
Mountain climbers (30 sec. on 30 sec. off) 5 minutes	Plank 30 sec. on 30 sec off (2 rounds)	Jumping jacks (30 sec. on 30 sec. off) 5 minutes

Times and intervals may be adapted as needed.

Remember to do basic stretching before and after your workout.

**Health Tips:**

- Wash your hands regularly
- Try to eat a balanced meal
- Get your rest

Thank you for your efforts in maintaining a healthy, active lifestyle through this online learning time. Remember to complete these exercises in a safe area.

Please feel free to contact me with any questions at

[jay.corlew@genevaschools.org](mailto:jay.corlew@genevaschools.org).

-Jay Corlew

Austinburg, Cork, GPS Elementary Physical Education