

Rutledge Middle School
Coach Franklin
Physical Education



Hello Rams! I hope you all are doing well and staying safe during the pandemic. I also hope that each of you have been staying physically active while being at home. By now, I want to believe that you have been following the P.E. lesson plan that has been uploaded to the Rutledge Middle School website. It included fun facts about why we all should continue to stay active. Also, the lesson suggested that you do daily exercises and stretches to warm up your muscles, then you should have found any physical activity of your choice to participate in for at least 60 minutes every day. The activity of your choice could have been sports related, dance videos, exercise videos and video games that require movement. Included in that lesson plan was two video links that took you through an exercise workout, and provided you with movement ideas for you to do with friends and family. In this letter at the bottom of the page I included some more fun exercise video links for you all to do while at home. Guys, lets continue to stay safe and if you have any questions concerning P.E. please email me kfranklin@midfield.k12.al.us!

1. <https://youtu.be/jYTqJFITt1g> Zumba for Middle Schoolers
2. <https://youtu.be/xfmHPW-AfQs> Zumba Fitness
3. <https://youtu.be/ZWk19OVon2k> Hip Hop Fitness

LET'S GO RAMS!!!