

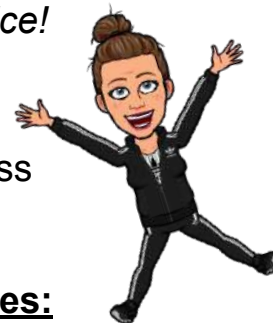


What Activities Will We Be Able To Do?

Activities as far as team sports will not be possible due to space restrictions. However, there is a lot we still can learn and do!!! It's up to the students to be respectful, responsible, and safe! As the students learn to stay and move in their distanced spaces, we will be able to add more activities and leave our boxes...but this will take practice!

Elementary Activities:

Locomotor, non-locomotor, manipulative (throwing, kicking, dribbling, etc.), dance, balance and flexibility, jump roping, fitness activities, and running activities (obstacle courses).



Upper Elementary, Middle School, and High School Activities:

Running/Walking Trails
Fitness and Cross Training
Yoga/Mindfulness
Jump Rope
Dance
Golf
Disc golf
Grid Style/"Foosball" Activities-Soccer, Field Hockey, Floor Hockey
Racquet Sports with modifications



Dear Parents/Guardians:

We are learning as we go and I will try my very best to keep your child safe and active during this challenging time! Physical activity is not only an important part of your child's physical health but vital for their mental health as well! This will be challenging for both the students and myself but we will figure it out and have fun as we establish new routines! As always, if you have any concerns please feel free to contact myself via email or the school phone number. I personally will be wearing a mask at all times when indoors and will only remove it outside if I am more than 6+ feet away from the students. I am looking forward to seeing and being active with the Bulldogs again!

Sincerely,
Christy Valentine
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