

Dear Parents/Guardians,

As required I will still be submitting SPARK grades for your child for the 4th quarter. I understand this is a difficult time and hope your student and family is doing well. The following is an example of a way you can record your students daily physical activities.

EXAMPLE:

Student Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up	<ul style="list-style-type: none"> • Student Jogged in place for 1 min. • Student completed beginning stretches 				
Activity	<ul style="list-style-type: none"> • Student completed flip coin activity Or • Student went on family nature walk 				
How Long	1 hour				

This record can be turned in three different ways 1. Emailed to my work email Shelby.Ben@ganado.k12.az.us, 2. Emailed to my personal email shelbyben93@yahoo.com, 3. Texted or a picture sent to my personal cell phone number

(505) 903-4072. However, if you have access to email and the internet please use my work and personal email options first. Thank-you.

Exercise and physical activity is very important for your child on a daily basis and especially at this time. Physical activity helps children decrease stress and depression, develop good sleep habits, and helps develop motor skills, build strength and flexibility, and endurance. If you are unable to complete the activities I have provided I am willing to accept any type of physical activity your child is engaging in for a total time of 1 hour a day (ex: walking, running, playing baseball, playing basketball, hiking etc.) If you have any questions, feel free to contact me. Thank-you and take care.

Miss Ben