Dear Families,

Pleasant Valley will be using E-Learning days during the 2025-26 school year. E-Learning days provide access to learning on days when there are school cancellations due to inclement weather. These days are designed to provide continuous learning when school is canceled.

For P.E. class, I have created an ACTIVE Choice Board. The ACTIVE Choice Board allows students the ability to choose different activities while continuing to stay ACTIVE. Please complete 1 activity under each letter. For example, there are 4 activities under the letter A, so you **must** complete at least 1, but can do all 4 if you choose. Once done, you will have completed a **minimum** of 6 total activities from the ACTIVE choice board. Please indicate which activities your child completed on your own copy of the choice board by marking an X on the activity. Any paper assignments can be turned into me when we return to school.

Please notify your child's teacher of your child's attendance between the hours of 9AM to 2PM. I will be available via email during those hours to communicate with you or if you have any questions. My email address is kmeints@pv62.com If you do not have email access, please turn in a completed choice board on the following in-school attendance day to count your child as present.

Thank you for taking the time to continue to help your child learn.

P.E. Teacher

Miss Meints

To help you stay ACTIVE at home, choose **6** ACTIVE activities off the choice board to complete. **You will choose 1 activity under the letter A, 1 activity under the letter C, 1 activity under the letter T, 1 activity under the letter I, 1 activity under the letter V, and 1 letter under the letter E.** You should be able to spell the word ACTIVE after completing your 6 P.E. activities. Please indicate which activities your child completed on your own copy of the choice board by marking an X on the activity. If you can, please email me at kmeints@pv62.com telling me what activities you completed.

A	C	T	I	V	E
Name one way you can be safe in P.E.	**Take a deep breath in and move your shoulders up. When you take a deep breath out, you will move your shoulders down.**	**How can you be a good teammate or partner in P.E.?**	**Set a healthy goal for yourself**	**Time to Play I Spy**	**See if you can Jog for 1 minute and than Walk for 1 minute**
Pretend to be a Bear and Bear Crawl	**Time to play the Animal Freeze Dance** **Hop like a Kangaroo, Swim like a Polar Bear, Swing like a Monkey, Stomp like an Elephant**	**Lay down on your back and close your eyes.** **Think of your favorite color and picture different foods that are your favorite color**	**Time to get active as you do 5 Curl Ups** **Remember to lay down on your back, bend your knees, and have your body come up to your knees.**	**Lay down on your back and wiggle your toes and fingers like a turtle on their back**	**Name one way you can be respectful in P.E.**
Pretend to be in the snow or on the ice as you Waddle like a Penguin	**What is your favorite sport?**	**Let's work on elevator breathing. Get your elevator ready and breathe in and breathe out.**	**Name one way you can be responsible in P.E.**	**Time to get active by doing 5 Wall Push Ups**	**Work on our PANTHER Stretches**
Lay down on your back and see if you can get your feet to go above your head for Yoga	**Time to work on your Crab Walk**	**Name one way you can have a Positive Mindset in P.E.**	**Time for you to get your wiggles out by dancing to your favorite song**	**Make your body look like a downward dog for Yoga**	**It is time to work on your balance. See how long you can stand on one foot for.**