

Dear WES Families

With the current state of education and the distance learning that is taking place it is even more important than ever that we remember to give our children/students the opportunity to be active for at least 60 minutes a day. I have posted our superhero themed warm-ups on youtube @ https://youtu.be/gxh3UW_G8o . Also, below are some ways to help you stay physically active and get those 60 minutes of activity each day. Please do not hesitate to e-mail me at alan.benson@webutuck.org if you have any questions or suggestions.

Stay safe and be healthy,

Coach Benson

Activities & Online Resources

- Go for a walk around the block with your family
- Play catch outside
- Challenge a family member to push-ups or sit-ups
- Try bouncing a ball as many times in a row as you can with each hand
- Dribble a soccer ball outside
- Play hide-and-seek with your family
- Visit a playground or local park with your family (remember social distancing)
- GoNoodle.com
- Cosmic Kids Yoga (on YouTube)
- Play60.com (More good ideas)



Remember... Stay healthy, stay active, and be the best you EVERY DAY!