March 18, 2020

Dear Parents and Guardians,

In response to the COVID-19 public health situation, schools across Manitoba will be suspending classes from March 23 until April 10, 2020.

To keep students engaged in their learning, I will be providing learning activities through my teacher website.

Information will be updated on a regular basis.

Students can access my Physical Education/Health Education webpage at:

[www.physicaleducationhunter.weebly.com](http://www.physicaleducationhunter.weebly.com)

Please see the **CSEP** button under the “About Physical Education” tab at the top for Canada’s Physical Activity Guidelines for all ages. Students are asked to get at least one hour of moderate to vigorous activity daily.

**Suggested indoor activities could be:** Yoga, stretching, push-ups, sit-ups, resistance band exercise (if equipment available), treadmill, elliptical, stationary bike, table tennis, air hockey, Nintendo Wii, Hide and seek with family members, online fitness videos, dance, mini hockey sticks or other indoor sports.

**Suggested outdoor activities could be:** Walking, jogging, running, tobogganing, building snow forts, rollerblading, biking/cycling, skateboarding, cross country skiing, basketball, road hockey.

If you have any questions or concerns, please contact me at chunter@lssd.ca or call Centennial School at 204-482-3265.

Sincerely,

Cody Hunter