

Hello Cascade Families!

Week 1 ... Mar.30-Apr.3

We hope you all are feeling well during this crazy time in our world. We have reached out via phone calls to several of you thus far and will continue to do so as we are forced to be apart. We are thinking of you all and hope that you are finding ways to stay physically active and getting outside for long walks, bike rides, or play.

This week we have provided a juggling lesson for K-2 and 3-5 in the hopes that students might try something fun and unique that focuses on the skills of catching and throwing. In addition to this activity, we want to remind families that the school had sent home a six-week PE calendar which offers a simple fitness skill each day that students can do/try. Finally, if students want a daily (M-F) exercise routine to follow, we would HIGHLY recommend our 'world PE teacher' Joe! Each day Joe Wicks live streams a half-hour workout routine complete with warm-up and cool down activities. You can find him on his YouTube channel (simply pull up the YouTube app and type Joe Wicks into the search bar and you can see all of his videos). Trying to get 60 minutes a day of exercise can be challenging in these times, but Joe's videos will handle half of this requirement! Check him out.

Be well out there Cougars! Wash your hands, eat healthy foods, drink lots of water, and get plenty of rest. We miss you all and will see you when this is all over. (If you need anything you can always email us at:

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Sincerely,

Mr. Theriot aka Mr. T

Ms. Box