



Learning  
At Home

COVID-19  
School Closures

MRS. LONGVAL'S GRADE 9 PHYSICAL EDUCATION & HEALTH

Good morning everyone. This was supposed to be the first day back to school after March Break.

We were supposed to be feeling sad that our break was over - and

maybe even a little excited to get back to school and into our routine again.

Instead, we are feeling uncertain. I know I certainly am. We teachers don't really know any more than you do at this point. The government has announced that the next two weeks they will post some things online and that we can too, but it's all kind of optional at this point.

### **What does that mean for us?**

I think it would be wise if we used this time to keep you being physically active - so when we get back - there will be less "catching up" to do.

I am not planning on sending you "busy work" - take the next few weeks and focus on your other subjects. I will post small workouts that you could do at home (with little or no equipment), I will post articles that you could read that link to our health curriculum.

I am encouraging all of you to GET OUTSIDE and MOVE! Walking, jogging, playing basketball, kicking a soccer ball against a wall, whatever gets your heart rate up and gets you UP from sitting down!!

I am here at home. Our family has been self-isolating since Saturday March 14th. Jaiden has been to work a few days and Mr. Longval is our "errand man" going out to get groceries and helping neighbors who are self-quarantined.

If you need ANYTHING - help with subjects - ideas of foods to eat - movies to watch - workouts to do - ETC please don't hesitate to reach out - send me an email [penelope.longval@cdsbeo.on.ca](mailto:penelope.longval@cdsbeo.on.ca).

We are all uncertain and stressed about the next few weeks. We are uncertain as to how long this will last and uncertain as to how much online learning needs to take place. Questions? Please let me know!

Take care and I'll be touching base with all of you soon!!