



Parents of Glebe,

(If you haven't already please check out the trailer for our new PE@Home YouTube Channel here:

<https://www.youtube.com/watch?v=tv0lcxT-ng4&t=5s>)

I hope this first full day of Spring finds you healthy and in good spirits. I wanted to quickly fill you in on what we're doing for Glebe's Physical Education classes over the next few weeks.

- **Weekly Lessons:** we will post on the Glebe PE@Home web site by Noon each Monday. A weekly schedule of events is also on this page. (<https://glebe.apsva.us/peathome/>)
- **PE@Home YouTube Channel:** We will ramp up to eventually posting 2-3 episodes per week (please subscribe and click the bell 🛎). They will sometimes coincide with the lesson on the website, but also give you alternate physical activities, games and healthy things to do (see link at top of this email).
- **Extras:** We will also post other activities, worksheets, encouragements to stay emotionally healthy, and just share what we're up to on our website, Twitter, Instagram (pe.at.home) and YouTube.
- **PLEASE share pictures or short videos** of your kiddos doing PE@Home and/or their own workouts and physical activities! There are two ways (only share if you don't mind them going online):
 - **Email them** to me at wayne.herninko@apsva.us (file size is limited over email), OR
 - **Drop them into this Google Drive folder** (<https://tinyurl.com/yx8aj3qr>): If your child is logged into their APS account (where they can access google) they SHOULD be able to drop pictures or videos here. If it doesn't work, then please email me.

Finally, please keep active and encourage your children to do the same. The quote below aptly explains why:

*"Regular movement sensitizes the brain to pleasure and joy—**physical activity** enhances our reward system (in our brain), which **motivates us**, telling us when something is good and that there is **hope for the future**. Through movement, we are better able to develop and stay motivated in every area of our lives, as our reward system is more robust and works better. Essentially, **physical activity makes us more resilient**; it doesn't just give us a quick dopamine rush and then that is it."*

*-Dr. Kelly McGonigal
(parenthesis and bolding mine)*

Sincerely,

Wayne, Kelly and Lindsay
The Glebe Eagle Trainers

