

Hello PE & Pickleball Class families,

I have attached a spreadsheet with the workout plan for your students. I would like them to use this time away from group meetings to really learn and work on these exercises. They ALL need the strength work, just as we all as adults need it! I encourage you to make this a family exercise program – do it together as a group and have fun with it.

There are videos on YouTube explaining the exercises and doing a set of all of them that you can follow. You can play it on your phone from youtube while you do the exercises together at home, at a local park, or anywhere! It is the most flexible and lowest cost exercise program you will ever have, and it works!

I will follow this email later this week with academic and video homework for your students so they can learn about the Track & Field and Pickleball we are currently doing in classes. Then I will also be sending out a CHALLENGE that you can all do, and send in pictures or upload videos for us all to enjoy! Whether we agree with what is happening or not, we do all need to comply with the mandates and request of our various government agencies, but we don't want life to stop moving forward. And we don't have to let life stop. We just modify how we do business. If you are enrolled in a charter school that is paying for your classes, this is what they expect us all to do! Not to just give up, but to modify how we do business based on the circumstances, and adapt to keep making progress. This is a VALUABLE LIFE LESSON for your children. Help them to embrace these changes, and learn the skill of adapting to circumstances. It will happen the rest of their lives, and learning it here will serve them well for the long term!

Please see the attached Excel workbook, and print out BOTH worksheets, the instructions AND the workout log. Print many of the log sheets and post them or keep them in a binder for everyone in your family! The videos can ALL be seen on YouTube. GO there and search the following 4 items exactly as shown, and look for me in the video screen!

Coach Nash 1 Set 1 exercises explained

<https://www.youtube.com/watch?v=fwen5kuD3eY>

Coach Nash 2: Set 1 exercises

<https://www.youtube.com/watch?v=fDvd6T23IVE>

Coach Nash 3: Set 2 exercises explained

<https://www.youtube.com/watch?v=wGSp46emR28&t=10s>

Coach Nash 4: Set 2 exercises

<https://www.youtube.com/watch?v=-YBBL4uAU2E>

Please check your email regularly for more communication. Thank you for your participation in class, and let's use this as an opportunity to learn even more. And be ready for the "Coaches CORVID Challenge" coming up soon!

Coach Nash

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