

Dear PCK Families,

This letter is to inform you of the online learning platforms the Physical Education Team will utilize to continue your child's health and PE education through this time period. Please know your child's health and well-being are our first priority. We are striving to continue improving our program at PCK while ensuring your child becomes physically literate for a lifetime. These are tough times we are dealing with, but we believe all students can use the tools we are providing through our website and Google Classroom in order to excel with their core content classes while relieving stress through physical activity.

We will use our PCK [website](#) for grades K-5, and will update it daily/weekly. We ask students to fill out a journal that can be turned in to any member of the PE Team when we return.

For students in the 6th - 8th grades, will be using a different platform. Each teacher has created a Google Classroom for their classes, and we will send out assignments for students to complete at home and turn in. We are aware of the challenges of online learning, so we will keep our assignments simple. Again, this is a way for the students to cope with stress through exercise.

For all PCK families, we have provided fitness challenges, online dances, online tabata workouts, and many other fitness activities that will continue to be updated! If you have any questions, please see our [website](#) or email us at [hbrownell@ckcs.net](mailto:hbrownell@ckcs.net), [tcruz@ckcs.net](mailto:tcruz@ckcs.net) or [tminshall@ckcs.net](mailto:tminshall@ckcs.net)

Thank you again, and we will get through this!

Sincerely,

*Heather Brownell*

*Travis Cruz*

*Trevor Minshall*

PCK Health/PE Team