

Elementary Physical Education

Summer vacation is fast approaching. We've missed you greatly during these times of remote learning! Hope to see you all again in September.

If you have questions or just want to say "HI" and share with us ways you are continuing to stay active during the summer , you can email us! We would love to hear from you!

aliszewski@rcsd.k12.ny.us - Coach L

bstranahan@rcsd.k12.ny.us - Mr. Stranahan

jdarrah@rcsd.k12.ny.us - Mr. Darrah

ksousa@rcsd.k12.ny.us - Mrs. Sousa

Have a GREAT summer!
Be Happy, Be Healthy, Be Safe!

Check on our Facebook page VRES Specials FRAMily over the summer to see tips of activities and the school website: <http://www.facebook.com/vresspecialsfamily>
<https://www.rcsd.k12.ny.us/>

Click on "parents and students" then "remote learning" and you will find link to Physical Education

Mr. Darrah's YouTube Channel

<https://www.fun>

[w.youtube.com/channel/UCIYXQQggdLkkyYCYDp-jxhw?fbclid=IwAR016zroAbJVEwxw4Wi5YJOVA70MUJ48mxLXoMq9c-tThOPJOT0zsHw-Fjs&disable_polymer=true](https://www.youtube.com/channel/UCIYXQQggdLkkyYCYDp-jxhw?fbclid=IwAR016zroAbJVEwxw4Wi5YJOVA70MUJ48mxLXoMq9c-tThOPJOT0zsHw-Fjs&disable_polymer=true)

Here's a list of some fun activities you can do during the summer time to stay active!

[31 Fitness Activities for Kids That You Can Do as a Family](#)