



Dear parent,

This winter, we are going to ask students in second, third and fourth grades to set individual goals to improve upper body strength. Strengthening our upper body helps with pushing, pulling and a variety of daily activities that range from sport and recreation to chores around the home. Our goal is to see all Lanigan students meet or exceed Farmington Public Schools benchmarks for their grade level. In discussing what the word “benchmark” means, one of the third grade students aptly described it as “ the least amount a student should be able to do”. We measure upper body strength by having a student perform push-ups with correct form and without stopping. The benchmark for each grade level is:

**Second Grade-** 9 push-ups

**Third Grade-** 11 push-ups

**Fourth Grade-** 13 push-ups

In physical education class, we began by checking to see how many push-ups everyone could perform. As you might expect, our students performed a wide range of scores. For some students, achieving our benchmarks will be a great challenge. For students who have already surpassed the benchmark, we encouraged goal setting at fifty percent above their current level.

As part of this goal, each student was asked to choose how many times each week they were willing to practice at home. They wrote this choice on a goal sheet that is intended to be a promise they make to themselves to work toward their goal. A copy of their goal sheet is attached. The quantity of home practice times was their best guess at how much they could do. As this is a new project, I would ask each family to help their student monitor and record his or her participation. This will include helping to decide if the initial guess about how much time they could commit at home was realistic. As we work through the winter and spring, encourage your child to update their commitment so that it fits their progress and schedule. Each month, your child will bring home a monthly log they can use to keep track of their work. You will find the log for February attached. I would encourage you to post this it in a place that will be visible every day.

Your child’s practice at home should take no more than 5-10 minutes. On the attached sheet, I have described how to assist your child. I would encourage changing their movement choices weekly to keep things interesting and give their

body a chance to solve new puzzles. I have listed the three types of movement in groups on the attached sheet. To paint a clear picture for you and your child, I have created a series of youtube videos. These video clips will demonstrate correct push up form as well as all of the movements in each category. The clips can be viewed anywhere with internet access. You will find the internet address (url) for each video clip on the attached sheet.

Please feel free to email or call my office phone with any questions you may have. Thanks for helping your child with this project. I know they will like the way they feel as they get stronger.

Sincerely,

Jeff Susin  
Physical Education Specialist  
Lanigan Elementary  
[jeff.susin@farmington.k12.mi.us](mailto:jeff.susin@farmington.k12.mi.us)  
(248) 489-3722