

St Elizabeth PE Program

Dear Parents,

This Friday, June 2, 2023, is a big day in the PE Program! Our 5th - 8th grade students have been preparing all year for this day. This is MURPH Day- a day where the fitness community honors fallen soldiers with one of our hardest workouts. We center it on US Navy Seal Michael Patrick Murphy, but we are truly honoring all who have made that selfless sacrifice.

Traditionally, the fitness community does this on Memorial Day. St Elizabeth chose this Friday for our MURPH.

If you look up the workout, it is terrifically daunting:

Put on a 20 lb vest
Run 1 mile
Do - 100 pull-ups, 200 pushups, 300 air squats, then...
Run 1 mile

That is considered a 'full' MURPH. That is NOT what we are doing!

We have spent this year exploring what 'my' MURPH should look like and why that is as valid as a 'full' MURPH. We have learned what good form is, what scaling is and how to apply these concepts. Learning what my body needs and is capable of has been a valuable journey this year. Each child will set their own challenging goal for MURPH.

This has been our way of coming out of the COVID era and bringing our overall fitness levels back to what they could be.

On this coming Friday we will set out to complete the MURPH we have set before us. There will be plenty of experienced coaches to guide the students and make sure they are in good shape. We will provide plenty of EXTRA water, a snack and recovery time. We will be finishing MURPH in the early morning to avoid the heat predicted for this Friday!

What do we need from the parents? I'm glad you asked!

A good night's rest on Thursday night.

A good breakfast including an 8 ounce drink- I wouldn't have milk this morning!

Pack a unique water bottle clearly marked with your child's name! At least 16 ounces.

Pack a really good snack and lunch- they will probably be extra hungry- if your child orders lunch I would pack extra snacks today.

If your child would like to change, please pack an extra gym suit and underwear, socks and perhaps sneakers, and we will give them an opportunity to change after they complete MURPH.

Thank you for your help and support,
Mrs Barb Nawn