

Students and families:

During the first 3 weeks of this school year we will be working on a unit called *Believe In You!* During this unit we will talk about how physical education will work this year, how we will stay safe while we're being physically active, and why living a physically lifestyle is important for our physical and mental health.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 3-week *Believe In You* experience. But, if there is a time when you need a copy of our learning materials, you can visit www.OPENPhysEd.org/penow to download activity pages, assignments, and watch video demonstrations of the learning activities that we'll be using in physical education class. We will also be view the social and emotional learning videos found at www.BelieveInYou.com.

Thank you for being physically active every day.

We BELIEVE IN YOU!

High School Physical Education Checklist Weeks 1–3

CHECK	WEEK 1
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the PE Questionnaire. Return it to your physical education teacher.
	Watch Season 1, Episode 1 of Believe In You (Kevin Atlas). Discuss.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes).
WEEK 2	
	Attend physical education class, have fun, and stay healthy and safe.
	Create a Physical Activity Choice Board and post it at home in a visible place.
	Watch Season 1, Episode 2 of Believe In You (Mark Henry). Discuss.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes).
WEEK 3	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the Personal Pursuit Worksheet. Return it to your teacher.
	Watch Season 1, Episode 3 of Believe In You (Dude Be Nice). Do the Journal.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes)