

## Students and families:

During the first 3 weeks of this school year we will be working on a unit called *Go Be Great!* During this unit we will talk about how physical education will work this year, how to keep our friends and ourselves safe while we're being physically active, and why being active 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 *Go Be Great* experience! But, if there's ever a time when you need a copy of our learning materials, you can visit [www.OPENPhysEd.org/penow](http://www.OPENPhysEd.org/penow) to download activity pages, assignments, and watch video demonstrations of the games and learning activities that we'll be using in physical education class.

Thank you for being physically active every day.

## **Go Be Great!**

### Physical Education Checklist Weeks 1–3

| CHECK  | WEEK 1  |
|--------|---|
|        | Attend physical education class, have fun, and stay healthy and safe.   |
|        | 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.   |
|        | Complete the <i>Indoor Activity Map</i> . Send it to your Physical Education teacher.   |
|        | 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.   |
|        | Print the Go Be Great Choice Board and hang it on your wall.<br><i>It's okay if you don't want to print the choice board. You can draw your own poster version!</i> |
|        | Complete Weekly Physical Activity Log (be active every day for 60 minutes)  |