

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 we will stay 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 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.

Thank you for being physically active every day.

Go Be Great!

Middle School Physical Education Checklist Weeks 1–3

CHECK	WEEK 1
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the Physical Education Questionnaire and return it to your physical education teacher.
	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.
	Post the Go Be Great Choice Board in a place where you can see it.
	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 DIY Choice Board and turn it in to your physical education teacher.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes)