

Students and families:

During the next 4 weeks of this school year we will be working on a unit called *LOOPY LAPS!* The learning activities in this unit were created as a collaboration of OPEN and Rising New York Road Runners. During this unit we learn will more about daily physically activity and why it is good for our bodies and minds.

Keep this page in a safe place. It’s a checklist of everything that you will need to complete during this 4-week *Loopy Laps* experience! But, if there’s ever a time when you need a copy of our learning materials, you can visit www.OPENPhysEd.org/LoopyLaps 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!

Grades 3-5 Physical Education Checklist for Loopy Laps

CHECK	WEEK 1 of 4
	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 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the <i>Walking Map</i> . Send it to your Physical Education teacher.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes).
WEEK 3 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the health-related fitness word scramble.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes)
WEEK 4 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Print the Grade 3-5 Loopy Lap Choice Board and hang it on your wall. <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)

