

Students and families:

During the next 4 weeks of this school year we will be working on a unit called *Lifetime Fitness!* 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 about the FITT principle, Heart Rate Zones, and how analyze the health benefits of different physical activity options.

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

High School Physical Education Checklist for Lifetime Fitness

CHECK	WEEK 1 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the <i>CYO Card Cardio Challenge Worksheet</i> . Send it to your Physical Education teacher.
	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>CYO Mission Possible Worksheet</i> . Send it to your 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 <i>Daily Wellness Plan</i> . Send it to your Physical Education teacher.
	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.
	Complete the <i>CYO FITT Dice Challenge Worksheet</i> . Send it to your teacher.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes)

