

Students and families:

During the next 3 weeks of this school year we will be working on a unit called *Meaningful Movement & Fitness Fun!* During this unit we will talk about activities and foods that help us stay healthy and improve our personal fitness. Students will be asked to make healthy food choices by choosing fresh fruits and vegetables.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 3-week *Fitness Fun* experience! But, if there's ever 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 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 Weeks 8–10

CHECK	WEEK 8
	Attend physical education class, have fun, and stay healthy and safe.
	For at-home physical education activity gather the following equipment: jump rope (or any 6' to 8' length of rope), Speed Stacks or other cup, printable nutrition education fortune tellers .
	Complete Weekly Physical Activity Log (be active every day for 60 minutes).
WEEK 9	
	Attend physical education class, have fun, and stay healthy and safe.
	Continue to use the equipment listed above.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes).
WEEK 10	
	Attend physical education class, have fun, and stay healthy and safe.
	Download and complete a Create-Your-Own 6-Minute HIIT Workout.
	Download and complete a Do-It-Yourself Nutrition Education Fortune Teller.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes).