



**Students and families:**

During the next 3 weeks of this school year, we will be working on a unit called *Fitness for mind, muscle, and health*. During this unit, we will talk about how to develop a personal fitness and nutrition plan to maintain and improve our health and overall wellness.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 3-week fitness experience. But, if there is 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 learning activities that we'll be using in physical education class.

Thank you for being physically active every day.

***We Believe In You!***

**High School Physical Education Checklist for Fitness Planning with a Purpose**

| CHECK  | WEEK 1  |
|--------|---|
|        | Attend physical education class, have fun, and stay healthy and safe.                             |
|        | Read through the 7-Day Fitness Planner and complete the Fitness & Nutrition Think Sheet (page 2). |
|        | Watch <i>Believe In You</i> <a href="#">Episode 4 (season 3) Urijah Faber</a> .                   |
|        | 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 Fitness / Nutrition GREAT Goal Worksheet (page 3).                                   |
|        | Watch <i>Believe In You</i> <a href="#">Episode 5 (season 3) Brayden Moreno</a> .                 |
|        | 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 7-day daily fitness and nutrition planners (page 4-10).                              |
|        | Watch <i>Believe In You</i> <a href="#">Episode 6 (season 3) Geena the Latina</a> .               |
|        | Complete Weekly Physical Activity Log (be active every day for 60 minutes).                       |