

**Students and families:**

During the next 3 weeks of this school year, we will be working on a unit called *Fitness Planning with a Purpose*. 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 Planning* 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.

**Go Be Great!**

**Middle 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).
	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).
	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).
	Complete Weekly Physical Activity Log (be active every day for 60 minutes).