

# SKILL-RELATED FITNESS

## Physical Education Checklist

### Students and families:

During the next 6 weeks, we will be focused on 6 skill-related fitness components. We will encourage students to embrace practice activities that may be challenging and help them recognize the joys of improving new skills. We will also focus on self-awareness as social and emotional learning targets.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 6-week learning module. If there is a time when you need a copy of our learning materials, visit [www.OPENPhysEd.org/penow](http://www.OPENPhysEd.org/penow) to download documents and watch video demonstrations of the activities in this module.

Thank you for being physically active every day.

**Go Be Great!**

### Grades 3-5 Physical Education Checklist

CHECK	WEEK 1
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Agility Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
WEEK 2	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Balance Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
WEEK 3	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Coordination Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
WEEK 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Power Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
WEEK 5	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Reaction Time Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).
WEEK 6	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete the Speed Challenges outlined in the Personal Growth Guide.
	Complete Weekly Physical Activity Log (60 minutes of daily activity).

