

# MINUTE TO WIN

## Checklist for Learning

### Students and families:

During the next 4 weeks, we will be preparing for our participation in OPEN National Field Day. Our school is registered to participate in the month of May. If your child is learning from home you can register your household at [www.openphysed.org/fieldday](http://www.openphysed.org/fieldday)

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 4-week *Minute to Win* experience! But, if there's ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](http://OPENPhysEd.org) to download activity pages, assignments, and watch video demonstrations of the learning activities that we'll be using in physical education class.

### Grades 3-5 Physical Education Checklist for Minute to Win

CHECK	WEEK 1 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	WEEK 2 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	WEEK 3 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	WEEK 4 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week.
	Visit the <a href="http://OPENPhysEd.org">OPENPhysEd.org</a> Field Day Event Center and choose a variety of events to practice at home.

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