

WEEK OF DATE: STUDENT NAME: 

**Choose from the activities listed on this menu.** Be active at home for at least 30 minutes each day and then mark the day complete at the bottom of the page. **Most importantly, be safe and have fun!**

**Teach someone at home an exercise that will help improve their health-related fitness!**

When working on health-related fitness think about: Aerobic Capacity, Muscular Fitness, Flexibility, and body composition.

**Grab a deck of cards and play Up or Down with a friend or family member!**

Use the exercise chart we used in class, or create your own fun physical activity chart.



**Walk and talk! Walk outside if you can, or walk inside your home from room-to-room.**

Find someone you care about and tell them about the cool things you did in physical education class and how staying physically active helps your body and mind stay healthy and strong.

**Get 2 six-sided dice and play First to 30 with a friend or family member!**

Race to 30 against someone at home. Choose an exercise or activity that will help improve your health-related fitness.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday: