

Dear students and family members,

The physical education team at our school is working with resources from OPENPhysEd.org to help you stay physically active and healthy while our schools are closed. In order to meet physical education goals during this time students must be physically active for 30 minutes each day they would be having PE.

Remember, activity time doesn't have to happen all at once. You can add up your total activity throughout the day to equal 30 minutes.

If our schools are closed for more than 2 weeks, visit <https://openphysed.org/activeschools/activehome> to find extra resources!

Your physical education teachers would also like you to visit the file links for your grade level on the OPEN webpage. From there you'll be able to download and print physical education resources that are fun and can be done at home.

Thank you for your cooperation. Stay active and stay well.

Sincerely, Your Physical Education Staff

By staying active and completing this physical activity log you're meeting the following SHAPE America National Physical Education Grade-level Outcomes:

Grades K-5 (Physical Activity Knowledge) Standard 3 [E1.K,2,3a,5] Identifies active play opportunities outside physical education class (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family) (2); Charts participation in physical activities outside physical education class (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).

Supplemental Material Ideas/Options:

PEJournal: https://docs.google.com/document/d/11r6xdMp_vNOIM7JL8aPTQcRJMz3dYg4DzMkFeYgvo1A/edit?usp=sharing

Grade 3-5 Activity Calendar: <https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HomeMap-Grade3-5-FinalPacket.pdf>

Grade K-2 Activity Calendar: <https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HomeMapGradeK-2-FinalPacket.pdf>

Fun YouTube Workouts: <https://www.youtube.com/user/Glennhigginsfitness>

Inspirational Video Series: <https://www.varsitybrands.com/believe-in-you>