

PE @ home

Name _____

Grade_____ Class Period_____

You are responsible for your own health and enrichment. This means it's up to you as to the level of fitness you get for the coming days. To help you keep track of what you do, complete the following log.

Follow the FITT principle, get creative, and enjoy being active.

[illegible]

It is recommended to get 30-60 minutes of activity daily.

Fitness Testing: pacer, sit n' reach, sit-ups, push-ups, dots.
Reminder of what we will be testing at the end of the year.

Turn on some music and dance.

Take a walk.

If the white stuff melts, get your bike out and get rolling.

Make up your own workout.

Website Suggestions

Darebee.com

Youtube.com / rebecca louise

Lots of you tube videos can be useful.

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STRETCH - take a good 10-20 minutes and start from the top and stretch every muscle.

SLEEP - getting a good 8-10 hours a night is very healthy.

Eat a good balanced diet. Plenty of water.

Take 1 deep breathe a day, stay calm, and remember to WIN!!!

WIN - What's Important Now. FOR you and your family.

Be happy, healthy, and smile, Mrs. Schroeder