

Dear Parents/Guardians,

First off THANK YOU for doing these activities and hopefully they will be fun for everyone!! The Calendar on the other side is so your child has some activities to do daily for Physical Education and please feel free to do along with them!! You are also being asked to initial the log daily to verify that your child was able to do their work and if a day is missed just have them double up on another day and initial the day missed as well as the current day. You may also write down other Physical Activities your child performed on that day. If ANY of the provided activities you do not feel are safe n your environment please substitute with something else and indicate on the log or a separate sheet of paper. While the Physical Education calendar component may only take approximately 10 minutes, 60 minutes a day of moderate to vigorous activity is recommended by the CDC for individuals 6-17 years of age and activity throughout the day for children 3-5.

Please keep an eye on the Horace May and/or the ISD#31 main website for updates. I will be available to contact with questions via email steven_rohder@isd31.net or my Horace May number is 333-3240 Extension 42246 (Leave a message if out)

**Please cut at line and return Class Work Record Below when school resumes.
Or feel free to take a picture and email.**

March/April Fitness Log NAME: _____ Class Teacher: _____

| | | | | |
|----|----|----|----|----|
| 30 | 31 | 1 | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | 1 |

Other Activities that K-2 students came up with(If applicable):

Paint, Chores, Treadmill, Biking, Basketball, Tag with Family, Dance, Walk, Walk the Dog, Biking, Baseball, Yoga, Soccer, Football, Basketball, Skating if ice, Sledding, Trampoline, Play Catch, Use Video Game device for exercise/dance.

Please add any notes below or on a separate sheet to help in creation of future plans: