

# Physical Education

## At-Home Activity Plan - Week 1

Dear Students, Parents, and Guardians,

Please make sure that during this time that you are taking care of yourself. Make sure you are eating well, balanced meals; that you are getting plenty of rest; that you are practicing good, personal hygiene; and that you are getting some physical activity. Below, is a list of activities that have “points” behind them. The goal is that each day students are able to reach **10 Points**. You may choose any of the activities to do so, and once they’ve been completed the parent/guardian can sign off for the week. Stay well and get outside and PLAY!

Sincerely, Miss Reichart

Activity	Points	Completion (X)
10 Push-Ups	1	
10 Sit-Ups	1	
Walk for 10 Minutes	2	
Wall-Sit for 1 Minute	2	
Run for 10 Minutes	3	
Walk for 20 Minutes	3	
30 Push-Ups	4	
30 Sit-Ups	4	
Walk for 30 Minutes	5	
Run for 15 Minutes	5	

Total Points: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Guardian Signature: \_\_\_\_\_