



Social Distancing Physical Education.

We are asking parents and students to work together to ensure students are staying active...by doing so they can receive credit for physical education.

While everyone is spending most of their time at home it is important to stay physically active. Working out contributes to good health, which in turn helps us maintain sturdy immune systems. Exercise is also well known for its mood-boosting abilities, and many of us could use a lift right now.

Taking walks, running, hiking, biking, are all great if the weather is nice and you can do it safely. Remember if the place you plan to go...the park, the playground, the trail – is crowded, don't go. Watch out for passing runners—and that runners keep their distance around pedestrians—huffing and puffing could spread droplets like coughing does.

You can also work out at home in your own living room. Body weight exercises, YouTube videos, Fitness apps on your phone are all easily accessible.

On the next few pages you will find a fitness log. We are asking that students be physically active a minimum of three days per week. There are several options that are recommended...do what works best for you.

Parents/Guardians we are asking that you help by keeping students safe and ensuring honesty in regard to their fitness activities. On the fitness log you will find places for parents to initial and sign. Keep this log safe, you will be asked to turn it in at a later date.

Wash your hands, practice safe social distancing, and we will see you soon!

Option 1: Super Hero Body Weight Exercises

All of these workouts can be done right at home. Students must complete two sets (two times through the workout 😊).



Option 2: 30-minute walk, bike, or hike.

Option 3: 10-minute jog

Option 4: Yoga video from YouTube (include title in log)

Option 5: Fitness app workout from phone (include name of app and workout in log)

Student: _____

PE Teacher: _____

Class Period: _____

Social Distancing Physical Education Assignments

Fitness Log: Three Days A Week

<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
EXAMPLE	Exercise: <u>IRON MAN WORKOUT</u> <u>- 2 Sets</u> Parents/Guardian Initials: <u>PG</u>	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: <u>Yoga video - youtube</u> <u>Title: 10 minute Morning yoga</u> Parents/Guardian Initials: <u>PG</u>	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: <u>APP: Home Workout: No Equipment</u> <u>Cole workout</u> Parents/Guardian Initials: <u>PG</u>
3/23	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____
3/30	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____
4/6	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____
4/13	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____

Social Distancing Physical Education Assignments

4/20	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____
4/27	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____
5/4	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____
5/11	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____
5/18	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____	Exercise: <hr/> <hr/> Parents/Guardian Initials: _____

Social Distancing Physical Education Assignments

5/25	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____
	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____
6/1	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____
	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____
6/8	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____
	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____
6/15	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____	Exercise: _____
	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____	Parents/Guardian Initials: _____

Parents/Guardians Signature: _____

Date: _____

Phone: _____

Student: _____

PE Teacher: _____

Class Period: _____