

Mr. Eagan's PE Class



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Hello everyone!

I miss all of you very much!

Even though we are not all together having fun in the gym...☹ ... I want to make sure you are all doing your best to stay physically active at home.

There are a lot of activities you can participate in on your own or with a Parent to stay physically active and ready for class once we return.

For example:

- Walking, jogging, biking, hiking with parent/guardian.
- Dance, yoga and workout videos on YouTube! Check out
 - <https://www.youtube.com/user/CosmicKidsYoga>
 - <https://www.youtube.com/playlist?list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0>
 - <https://www.youtube.com/watch?v=sRNQulicqo4&list=PLEntKuZxXbME57HhYcNpg64h3Kn8ueigA&index=1>
- Wii Sports on the Nintendo, or Just Dance on another gaming system (if you have one)
- Any activity your parents want to come up with that gets to up and moving.
 - Ex: Yard work, sport activities with people from your household.

I have a fitness log on the next page that you can fill in and keep me up to date on all of the fun fitness you are having at home.

Stay safe, practice social distancing, and enjoy this time with your families...this will be an experience you will be able to share the rest of your lives. Make it a good story.

Student: _____

PE Teacher: _____

Class Period: _____

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>CORE workout</u> Parents/Guardian Initials: <u>PG</u>
	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____
	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____
	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____
	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____	Exercise: _____ _____ Parents/Guardian Initials: _____

Parent/Guardian Signature: _____

Date: _____