Amanda Bowman **Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Aerobics, Core 9, Advanced PE **Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Period 1-6 **Week :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Assignment Week 1

Hello Students,

As you are aware, the district has implemented a program for distance learning instruction. As a Physical Education department, we have decided to implement a four day a week activity log in conjunction with a biweekly written assignment. **Week 1,** you will simply do 20-30 min of physical activity at least 4 times during the week and fill out the activity log at the bottom of this page.

Each daily activity will be worth five points per day. We would like to remind you of the importance of remaining active during this time. I have included some workouts if you need some inspiration. **Please use the chart at the bottom to submit your log**. If you cannot complete ANY form of activity because of injury or illness, please complete the article assignment as you would if we were in class. **Assignments for week 1 (whether online or in packet form) are due on May 8th.** If you are submitting them online, email them tome**abowman@tusd.net**., if packet form, turn them in at the high school**.**

As you complete physical activities, we ask that you continue to practice social distancing and proper hygiene. Please stay safe and healthy. If you have any questions, please email me and leave a contact number if you would like a return call.

Thank you,

Mrs. Bowman

Office hours: 9am-11am

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| --- | --- | --- | --- |
| Date | Activity | Duration | Parent Signature |
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