HOPE SCHOOL
SEATTLE

AT-HOME PE ACTIVITY LOG

March 2020

Students will be required to keep an accurate activity log for themselves while we are out of school. This activity log will be submitted and graded when we resume school. Students will write down the date, the activity, the length of the activity, and then have it signed off by the parent. Each student must do at least 20 minutes of inside or outside activity each time. K-3rd grade students must log at least 120 minutes of activity per week; 4-8th grade students must log at least 150 minutes per week. The students all know the parameters of what is acceptable to use as an "activity" but here are some suggestions that you can follow as a guideline:

Lifestyle Activity: walks, biking, skating, yard work, active play at the park, etc.

Aerobic type sports: football, basketball, hockey, soccer, ultimate Frisbee, disc golf, swimming, martial arts, tennis, racquetball, etc.

Flexibility Activity: yoga, ballet, dance, stretching, etc.

Muscular Activity: gymnastics, weightlifting, wrestling etc.

There are unlimited options for this and I want the students to have fun! The main requirement is that they are moving, off of all screens, and burning off energy in an athletic way that is fun for them.

If you have any questions about anything please do not hesitate to email me and I will be happy to answer.

Mr. Goodspeed

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DATE	ACTIVITY	TIME	PARENT SIGNATURE
(example) 03/17/2020	Walk to Lincoln Park Trampoline jumping	30 minutes 30 minutes	Parent signature