

PE SNOW DAY LESSON

Find an activity at home that will keep your body moving for a full 30 minutes . Examples include building a snowman, sledding, completing a workout indoors with push-ups/sit-ups, running in place, chores around the house, shoveling the driveway and sidewalks.

After completing the activity you need to write a response that describes the activity and what fitness benefits were achieved (for example cardiovascular, flexibility, strength). When completed please return to your teacher by e-mail or a hard copy when you return to school.

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