APRIL

SRU ELEMENTARY PHYSICAL EDUCATION

	h box when completed fo				GRADE 3	3-3
Pick I or 2 square t cal activity.	o complete each day—no	o more than 2 boxes a da	ay as we are promoting daily	physi-		
durance), examples	: sports practice, dance,		nctivities (Cardio-respiratory lawn, walking dog, physical		·	
py, family walks, W	ii Fit, etc.			Class:		
If there are things you already do, record them on your Fitness Log. If you are not very active—get moving.					# OF BOXES COMPLETED	
If you are unable to	do an assigned activity b	pecause of a disability, s	pace, lack of equip-	A Play! April 26 BL		
ment, etc. please rep	blace it with a similar act	ivity that you can do.	* The Imperior	The state of the s	PARENT SIGNAT	TURE
Grade Scale: 4	= Blackout (23 boxe	es) $3 = 17-22 \text{ box}$	2 = 11-16 boxes	1 = 5-10 boxe	es INCOMPLET	TE = Less than 5
Choice Activity: Time: 20 mins.	Choice Activity: Time: 20 mins.	Choice Activity: Time: 20 mins.	Check your Drink Look on the label to check grams of sugar. 4 grams of sugar = 1 tsp.	Sports Drink Grams/ Tsp. of sugar	Soft Drink (pop) GramsTsp. of Sugar	Milk Grams Tsp. of sugar
Choice Activity: Time: 20 mins. Choice	Choice Activity: Time: 20 mins. Did you know your	Choice Activity: Time: 20 mins. Help your family or	Check your Drink Look on the label to check grams of sugar. 4 grams of sugar = 1 tsp. Choice	Sports Drink Grams/Tsp. of sugar Choice	Soft Drink (pop) Grams Tsp. of sugar Choice	Milk Grams Tsp. of sugar Choice
Choice Activity: Time: 20 mins. Choice Activity:	Choice Activity: Time: 20 mins. Did you know your body is over 70% water? Drink at least 6	Choice Activity: Time: 20 mins. Help your family or neighbor do spring yard work. What	Check your Drink Look on the label to check grams of sugar. 4 grams of sugar = 1 tsp. Choice Activity:	Sports Drink Grams/Tsp. of sugar Choice Activity:	Soft Drink (pop) GramsTsp. of sugar Choice Activity:	Milk Grams Tsp. of sugar Choice Activity
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