MAY

SRU ELEMENTARY PHYSICAL EDUCATION

Student's check each box when completed for credit . Parents Please sign Logs.					GRADE 3-5	
Pick 1 or 2 square to	o complete each day-	—no more than 2 boxes a da	ay as we are promoting daily	physi-		
	sports practice, dar	2 2	nctivities (Cardio-respiratory lawn, walking dog, physical t	hera-	ME:	
If there are things y moving.	ou already do, record	d them on your Fitness Log.	. If you are not very active—		F BOXES COMPLET	`ED
replace it with a sim	ilar activity that you		pace, lack of equipment, etc.	please	PARENT SIGN	ATURE
Grada Saala: 1						
Grade Scare. 4	= Blackout (23 b	oxes) $3 = 18-22 \text{ box}$	2 = 10-17 boxes	1 = 5-9 bo	oxes INCOMPL	ETE = Less than 5
Choice Activity: Time: 20 mins.	= Blackout (23 b	Choice Activity: Time: 20 mins.	Try tumbling in the grass. \square	Choice Activty: Time: 20 mins	May is National Physical Fitness & Sports Month Celebrath with Fun Games	1
Choice Activity: Time: 20 mins. Choice Activity:	= Blackout (23 b Choice Activity; Time: 20 mins.	Choice Activity:		Choice Activty:	May is National Physical Fitness & Sports Month Celebrath will Test Genes & Company with Test Genes & Company with Test Genes & Company with the Company with t	1
Choice Activity: Time: 20 mins.	Choice Activity; Time: 20 mins. Choice	Choice Activity: Time: 20 mins. Washing the car and Pulling weeds are great exercise. Help out with some outdoor chores.	Try tumbling in the grass. Choice Activity:	Choice Activty: Time: 20 mins Choice Activity:	May is National Physical Fitness & Sports Month Celebrat with Fing Genes & Wall of the Celebrat with Fing Genes & Choice Activity: Choice Activity: Choice Activity:	1