

PE-1 | Teacher(s): Chavez, J.; Wilson, S.

Dear DM student, during the time of school closure, complete the assignments listed below. You will receive messages daily by phone to let you know when school will reopen. We have prepared 10 days worth of assignments, however you will only complete assignments for the days school is closed. For example, if school is closed for 2 days, you will complete the assignment for DAY 1 and DAY 2. Return the assignments to your teacher when school reopens.

Day/Date	Assignment
Day 1 Day 2 Day 3 Day 4 Day 5	<p>During this period away from school our focus is to maintain/improve our fitness levels so that we may achieve higher scores on our PFT in Spring semester. On a separate sheet of paper please keep accurate records of your Daily Log with the information below included.</p> <p>Fitness Log – Please log your daily push ups & sit ups. The amount you must complete each week is listed below under “goals”. Write the number completed next to each day of the week. Log your mile time once per week.</p> <p>Fitness Goals Goal: 150 Push ups per week Goal: 300 Sit ups per week -----</p> <p>Day 1-5: Complete 30 Push Ups Complete 60 Sit Ups</p> <p>Nutrition Log - Please log the meals that you eat for breakfast, lunch, and dinner (include any snacks & drinks you consume throughout the day). Please include the date, breakfast, lunch, dinner.</p> <p>30min Activity: Choose a sport or physical activity that you enjoy Write down what you did in your journal or on paper. Turn in when we return to school.</p> <p>Extra Credit on Day 5: Select a sport or exercise you enjoy. Write a 500 word essay on the history and benefits of this sport. Also include why you enjoy it.</p>
Day 6 Day 7 Day 8 Day 9 Day 10	<p>During this period away from school our focus is to maintain/improve our fitness levels so that we may achieve higher scores on our PFT in Spring semester. On a separate sheet of paper please keep accurate records of your Daily Log with the information below included.</p> <p>Fitness Log – Please log your daily push ups & sit ups. The amount you must complete each week is listed below under “goals”. Write the number completed next to each day of the week. Log your mile time once per week.</p> <p>Fitness Goals Goal: 150 Push ups per week Goal: 300 Sit ups per week -----</p> <p>Day 6-10: Complete 30 Push Ups Complete 60 Sit Ups</p> <p>Day 10: Run Mile & Log your Time: _____</p> <p>Nutrition Log - Please log the meals that you eat for breakfast, lunch, and dinner (include any snacks & drinks you consume throughout the day). Please include the date, breakfast, lunch, dinner.</p> <p>30min Activity: Choose a sport or physical activity that you enjoy Write down what you did in your journal or on paper. Turn in when we return to school.</p> <p>Extra Credit on Day 10: Select a sport or exercise you enjoy. Write a 500 word essay on the history and benefits of this sport. Also include why you enjoy it.</p>