From: PE Department

If you ARE able to exercise:
Please keep a journal of your physical activity for each day you are out. Write 3-5 sentences detailing your day (include the following):

* Date
* Where activity took place
* Activity/activities
* Any other interesting facts for that day
* Duration (how long; should be at least 1 hour)

Have a parent sign the journal at the bottom.

If you are NOT able to exercise:
Please watch a sporting or outdoor related program in its entirety for each day of absence.

Write a one page report on each program watched with the following info if it is a sporting event:

* Sport
* Who Played
* Outcome
* Highlights
* Your opinion of results

For Outdoor related programs ~ write a 1/2 page report on each program watched with details of the program and your opinion.

Your assignments are due the day you return to school – please turn them in to Mrs. Robbins in the office before returning it to your teacher.