

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**Directions:** Each day K-2nd will need to participate in at least 5 minutes of physical activity. Each day 3rd-5th will need to participate in at least 10 minutes of physical activity. Please record what type of physical activity you participated in each day and for how long. Examples of physical activity are: fitness/workout, dance, yoga, sport, outdoor leisure activity, or active game play. A variety of activities are provided in the following pages.

**Return completed fitness worksheet to your P.E. Teacher.**

Questions? [Erica.ortiz@cusd200.org](mailto:Erica.ortiz@cusd200.org) & [Kristina.holtquist@cusd200.org](mailto:Kristina.holtquist@cusd200.org)

Monday	Tuesday	Wednesday	Thursday	Friday