Week of April 13 & 20

Directions: Please work with an adult & follow all safety measures.

Target Standard(s)  
National Physical Education Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

National Physical Education Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Topic  Benefits of Physical Activity & Social Personal Skills

Materials Needed: Pen/Pencil and paper

Day 1-10  K-5  Write a paragraph on the benefits of physical activity. Focus the paragraph on how physical activity enhances your health.

6-12  Write a two-page essay on the benefits of physical activity. Focus the essay on how physical activity enhances your health, citing several sources throughout the essay.

K-12  Show responsibility, respect for others, following directions, best effort, self-control, and compassion for others at home in a game of your choice of your choice. Also, show these skills on social media or with family members at least three times a day for five days.