**PE Activities for this week:**

Everyone: Fill out your March calendar for the rest of the month. I made the spaces bigger for you to write in. You will turn them in at the end of the month for a grade, so don’t lose them. Aim for 60 minutes of exercise every day, then write down what you did for your 60 minutes. You may do many different activities to add up to 60 minutes. The GOAL is 60 minutes. If you don’t make 60, write down what you have. Tuesday through Friday of this week would equal 240 minutes. Activity is activity! Have fun in whatever you choose! The entries can be pretty general, i.e. 10m-tag, 20m-bike, etc. **Please keep the workout sheets from week to week so we don’t have to reprint.**

Grades 1-6: On Wednesday and Friday, follow the directions on the *What is Your Name?* worksheet. But also use it to practice your spelling words or your sight words.

Grades 1-6: On Monday, do the “Make a Prediction” worksheet. Modify if you have to.

Grades K and PK: On Tuesday and Thursday, do the Animal Movements worksheet two times each day. On Monday, Wednesday, and Friday, do the Simon Says activity. Feel free to make up your own also.

Grades 1-2: On Tuesday and Thursday, do the Simon Says worksheet. Feel free to add in your own ideas.

Grades 3-6: On Tuesday and Thursday, do the Coin Flip worksheet two times each day, for a total of four times. Jump squats are starting in a squat position with your arms out in front of you, (watch that your knees do not go past your toes) and then jump up as high as you can, while your arms swing to behind you.

Grades 7-12: You will be completing the attached writing project. Read the article on ESS. This is one professional person’s opinion on the topic. You may further investigate what Screen Time Syndrome is and its causes. What steps can you take to avoid the problem? How does it relate to you personally and especially during this crisis we are currently experiencing? Or you may debate the information presented if you disagree with the presented opinion. You must be able to back up your opinion with professional works from the field. All sources must be documented from reliable, cite-able sources. A handwritten paper is completely acceptable, if you do not have a computer. This is **due Thursday**. Your calendar will be due at the end of the month. For a grade. Don’t lose it. Turn it in. ☺

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