

PE

Hello Fairborn High School Physical Education,

I hope this reaches you and your family doing well during these interesting times. As stated in emails through progressbook, we ask that you continue with your 30 minutes of physical activity each day (Monday-Friday). Remember, this physical activity includes but, is not limited to: walking/running, treadmill, yoga, elliptical, playing games outside or in the house (not video/online) games, YouTube exercise videos, pushups/sit-ups, triceps dips on chair, skateboarding/rollerblading, riding your bike or scooter, cutting the grass or any other activity that gets you moving for physical and mental health.

Document this daily activity on a sheet of paper.

Date:

Time of Day:

Activity:

Please send us a picture of the document through our email every Friday to check in. Have fun and be creative!

Remember to wash your hands and practice social distancing.

Thank You and Stay Healthy,

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