Adler Physical Education Extra Credit Opportunity K-5:

Mrs. Barker

Weekly Physical Activity and Nutrition Logs-

Read over and follow the directions. Parents/babysitters/guardians/older siblings can help too, especially with the lower elementary grades. If you are unable to print the worksheets then make a log of your own! That would be just fine. Use words and pictures. Be creative. Both logs have examples for you to follow on how to fill out the log for each day of the week. Try to complete as much as you can. Draw pictures of yourself performing the activity if you are having trouble with spelling certain words. You will receive some extra credit even if you only fill out a portion of it so turn in whatever you have completed. Do the best you can! The bottom line is, I want you to stay active while you are at home. Do not stay on video games all day!! Be creative! Make up a dance, a game, anything where you are moving around. Cleaning your room counts too! Help out around the house. Wash the dishes, etc. Also, eat healthy foods like fruits and veggies AND drink lots of water.

If you want to communicate with me while we’re out of school and have access to email, I would love to hear from you! Send me a picture of you performing an exercise or activity or just say hello.

Remember, this is only temporary and we will be back at school soon.

My school email is: [Melanie.barker@southfieldk12.org](mailto:Melanie.barker@southfieldk12.org)

I will miss you but I will see you very soon!

Mrs. Barker