

LAMS AT HOME PHYSICAL EDUCATION

Our goal is to provide you with a daily program that you can complete while at home. There are a variety of options available to you, but the most important thing is to set a goal to be physically active at least 60 minutes every day! Remember that you do not need to complete the 60 minutes all at one time. The best way to stay fit is to keep moving throughout the day and track/record what you are doing each day. LAMS students have PE every other day. This program gives the student an opportunity for activity every day if they so desire. Be sure and check out the Darebee.com site for further challenges.

Your number one priority, while you are out of school is to stay healthy and keep yourself active!

Click on this site:

<https://openphysed.org/activeschools/activehome>

Go to Physical Education at home, click on any of these options for credit:

2 week fitness/SEL Journal (MS & HS)

2 week Physical Activity Log (All grades) Or DEAM Calendars March

Please record what you are doing for at least the 5 days of PE that you would be missing in the 2 weeks that you are home.

Coach White and Coach Stutz

