

# **Tatum High “Fitness Tracker” for Physical Education**

Students: **Successful completion of your Physical Education classes is required as part of your overall completion of the 2019-2020 school year.** Your overall goal is to remain active and get at least 60 to 90 minutes of movement-related exercise, play or work each week. **Please keep in mind the safe practices involved with reducing the spread of COVID-19 while staying active.**

How do you do P.E. online???? It’s easy...just follow these steps:

1. Create your own Fitness Tracker. It can be either a Word document an Excel type spreadsheet, or simply a handwritten version of your own on paper.
2. If you use Word or a spreadsheet, save it to your computer and title it something you will not forget, like “Your Name Fitness Tracker” or “Your Name PE Portfolio”...something like that. If you are writing it by hand, just remember where you put it 😊
3. Each time you exercise, are active in any way, work or play you simply pull up whichever Fitness Tracker you are using (Word, Spreadsheet, Hand Written) and write out the date, the amount of time spent and what the activity was that you did. Here are some examples:

4/1	Rode horses and worked outside	45 mins
4/3	Jumped on trampoline	15 mins
4/5	Did yard work	1 hour
Weekly Total:		2 hours

It’s that simple. It does not need to be fancy at all! You can literally list ANY activity that gets you moving, either exercise, work or play. You need to get at least 1 hour of activity recorded per week. You DO NOT need to list an activity every single day either. **You will turn in your Fitness Tracker for grading (pass or fail only) on these two dates only:**

**Monday, April 20<sup>th</sup> (2 weeks of activity, 2 hours total time on your tracker)**

**Monday, May 11<sup>th</sup>. (3 weeks of activity, 3 hour total time on your tracker)**

Stay tuned for more information about HOW to turn in your PE activity tracker (it’s easy!)