

**PE and Health**  
**Remote Learning Packet**  
**Week 6**  
**Grade 3-8**

**Packets are to be completed when you receive a call stating that it is a "Remote Learning" day.**

**All work must be completed and returned to school the next day that we are in the building.**

**Packets will be graded and counted. Please make sure that you are completing the assignment for the correct day.**

**Please do not work ahead!**

**Student:** \_\_\_\_\_

**Parent:** \_\_\_\_\_ **Date:** \_\_\_\_\_

July 1-5



# Physical Activity Log



Day & Date	Activity & # of Minutes	Activity & # of Minutes	Activity & # of Minutes	Total # of Minutes
Wednesday 3-14-17	Soccer Practice 60 minutes	Walking 20 minutes	Push Mowing 15 minutes	95 minutes
MONDAY - -				
TUESDAY - -				
WEDNESDAY - -				
THURSDAY - -				
FRIDAY - -				
SATURDAY - -				
SUNDAY - -				

NAME \_\_\_\_\_ HOMEROOM TEACHER \_\_\_\_\_

WEEK OF \_\_\_\_\_ PARENT SIGNATURE \_\_\_\_\_

## GOAL 60 MINUTES DAILY

### Sample Activities:

- Playing chase
- Freeze Tag
- Playing catch
- Climbing trees
- Jumping Rope
- Riding bike
- Skateboarding
- Playing basketball
- Dribbling
- Dancing
- Swimming
- Sledding
- Walking the dog
- Playing hopscotch
- Running
- Skating
- Kicking a ball
- Soccer
- Flying a kite
- Doing cartwheels
- Riding your scooter
- Jumping on the trampoline
- Cleaning your room
- Mowing the grass
- Pulling weeds

You don't have to do just one activity for the entire 60 minutes per day! You can do many activities for shorter periods of time and add them together. It all adds up! Try to get at least 60 minutes every day for good health and wellness!



Day \_\_\_\_ Date: \_\_\_\_\_

# Germs

How I'm feeling today  
Any worries?



Today I connected with \_\_\_\_\_ by \_\_\_\_\_

Today I helped out at home by \_\_\_\_\_

Today I exercised for \_\_\_\_ minutes by \_\_\_\_\_

What are some of the reasons we touch our faces?  
\_\_\_\_\_  
\_\_\_\_\_

Does hand sanitizer really work?  
What do you think?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**wonderopolis.org** has some very interesting information!

Germs are so tiny that we can't see them. They live inside our bodies where our immune systems go to work to kill them off and protect us. Germs will take any opportunity to divide up and spread to other people before they are killed off by our clever immune system.

Name three things that we can do to stop spreading a bacteria or virus.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In the news: \_\_\_\_\_

Group Game today: \_\_\_\_\_

***Don't forget to hug someone in your bubble today... they may need it more than you realise!***

Research: How far can a sneeze travel if it is not stopped? \_\_\_\_\_

Pace this out in your living room. Circle the distance it is closest to:

A match box, a pencil, a table, a car length, a netball court, a rugby stadium.