

PE Activity Tracker

| Week 1 | | 03/16-03/20 | |
|-----------------|-------------|--------------------|---|
| Activity | Time | Date | |
| | | | *100 minutes a week of activity |
| | | | |
| | | | *Websites for activities- GoNoodle.com, Youtube- Yoga, dance, exercise workouts |
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| | | | *Have FUN with your activities. Involve your family to stay fit and healthy during this time |
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| Week 2 | | 03/23-03/27 | |
|-----------------|-------------|--------------------|--|
| Activity | Time | Date | |
| | | | *Please email me for any questions or if you need assistance with resources |
| | | | tapponj@pvpusd.net |
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