|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week #\_\_\_ | Activity #1  & R.P.E. | Activity #2  & R.P.E. | Activity #3  & R.P.E. | Total Time | Parent Initials |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |
| (Example) | Skating (30 min.)  RPE 6 | Dance (15 min.)  RPE 8 | Yoga Video (10 min.) | 45 min |  |

(vigorous) (vigorous) (light)

Students 5-17yrs should be getting 60 min.+ of physical activity daily, and 4-7 days of **vigorous** activity. Check out the [guidelines](https://lssd-my.sharepoint.com/personal/rmakowsky_lssd_ca/Documents/Home%20PEHE/clipart/Activity%20Guidelines.PNG) for Canadian youth (sit, sleep, sweat, step). Students are encouraged to get active outside whenever possible. Indoor activities are available on [my website](https://rmakowsky.wixsite.com/makowsky-pe).

If you don’t have access to a printer, students can easily create their own log sheet and take a picture. Please send the log back using *Class Notebook*/*Teams* or email to [rmakowsky@lssd.ca](mailto:rmakowsky@lssd.ca).

**Students are to record 4-7 days of the week of moderate to vigorous activity and a parent signature to account for movement and fitness assessment (for marks).**

**These are due on Mondays (to record weekend activities).**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Homeroom: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

