

**Wa-Nee Community School District**  
**Elementary Physical Education Department**

Dear Wa-Nee Families,

We would like to provide all students with the opportunity to help maintain a healthy level of physical activity while we are at home. Students are encouraged to complete at least 60 minutes of physical activity each day.

It is our goal to help students maintain the levels of physical activity they would receive while attending school, so we are providing a variety of daily activities and ideas for students to enjoy.

Enclosed you will find a fitness log to help keep track of all activities students can choose to complete. The enclosed activities are just suggestions to help get students moving. Please add your own ideas and enjoy being active in your own ways. Even though a returned activity log is not required, we encourage all students to complete it. As your physical educators, we look forward to receiving activity logs when we return to school. Remember it is very important to limit screen time and **MOVE YOUR BODIES!**

If there are any questions or concerns, please feel free to email us.

Mrs. Foor- [mfoor@wanee.org](mailto:mfoor@wanee.org)

Mrs. Handrich- [khandrich@wanee.org](mailto:khandrich@wanee.org)

Mrs. Palmer- [kpalmer@wanee.org](mailto:kpalmer@wanee.org)

Thank you,

Elementary Physical Education Department

# Wa-Nee Elementary Physical Education Activity Log

We encourage all students to be active at least 60 minutes everyday!

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1:</b>  <div data-bbox="94 478 305 604" style="border: 1px solid black; padding: 2px;">Parent initial here when the week is completed:</div>	Activity	Activity	Activity	Activity	Activity
<b>Week 2:</b>  <div data-bbox="94 793 305 919" style="border: 1px solid black; padding: 2px;">Parent initial here when the week is completed:</div>	Activity	Activity	Activity	Activity	Activity
<b>Week 3:</b>  <div data-bbox="94 1108 305 1234" style="border: 1px solid black; padding: 2px;">Parent initial here when the week is completed:</div>	Activity	Activity	Activity	Activity	Activity
<b>Week 4:</b>  <div data-bbox="94 1423 305 1549" style="border: 1px solid black; padding: 2px;">Parent initial here when the week is completed:</div>	Activity	Activity	Activity	Activity	Activity
<b>Week 5:</b>  <div data-bbox="94 1738 305 1864" style="border: 1px solid black; padding: 2px;">Parent initial here when the week is completed:</div>	Activity	Activity	Activity	Activity	Activity