Hello KFMS PE students!

The following is a list of activities that you can be doing while we are away from school for the next few weeks. Remember that 60 minutes of activity a day is considered as a minimum requirement. Also depending on the intensity level a warm-up and cool down are important considerations.

There are tons of on-line resources. Many are being added daily. I came across this one recently on YouTube: “The Body Coach TV”.

Trainer Joe Wicks is doing a thirty minute daily workout designed for PE students. (Challenge your parents to do it with you)

**Presidential Fitness Challenge.** This is a great time to work on improving your scores. Your current scores should still be fresh in your mind since we were just working on them. Push-ups, curl-ups, pull-ups, shuttle run (lines are 30 ft apart). Etc..

**Work on that mile time.** Start with slower and shorter distances and work your way up.

**Sally Up challenge.** Go to YouTube. I can’t wait to see some of you conquer this challenge.

Be sure to document your activities on paper so you can keep track of what you are doing and be able to share that with me when we get back to school. I will be sending you an activity log to help you keep track of that information. Other important things are: Eat healthy, get enough rest (But don’t be lazy) and make good choices. Most importantly dress for the weather and get outside and enjoy it. I will be sending this letter along with some other materials in a packet soon.

Sincerely,
Coach Kroiss
# Daily Activity Log for KFMS

**Goal:** 60 minutes a day, 5+ days a week

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<th>Name:</th>
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<thead>
<tr>
<th>Day &amp; Date</th>
<th>Activity</th>
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<td><strong>Example</strong></td>
<td>Jumping on trampoline 20 minutes</td>
<td>Joe Wicks’s YouTube workout 30 minutes</td>
<td>Presidential fitness challenge practice 10 minutes</td>
<td><strong>Total minutes 60</strong></td>
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*Exercise...*  
Increases your energy level  
Helps keep you healthy  
Makes you happier  
Helps you sleep better  
It’s FUN!  

*Combats health problems*  
Helps maintain healthy body weight  
Good for your heart
My Healthy Journal

2020

5th-8th Grade Health
KPMS Health/Fitness
Habit 1: Being Proactive

Part of being proactive means anticipating challenges and preparing for them. In anticipation of quarantines, many people began proactively preparing by stocking up on "essential" items they would need.

- What items have been in high demand?
- How have stores responded to these demands?
- What items do you think are most important to have on hand during a multi-week quarantine?
- Did you or your family do anything to prepare for potential closures?
Habit 2:
Begin With the End in Mind

Begin with the end in mind. With fewer commitments to attend in the next few weeks, what can you accomplish?

☐ What are 3 personal goals you can accomplish in the next few weeks?
☐ Use bullets to describe the steps you will need to take to accomplish your goal.

Goal #1: ____________________________
Steps: ______________________________

Goal #2: ____________________________
Steps: ______________________________

Goal #3: ____________________________
Steps: ______________________________
Habit 3 reminds us about priorities. Sometimes, our priorities get a little out of whack in the hustle and bustle of daily life. A larger event like this can sometimes remind us what is most important in life. With more time at home, your priorities may have changed recently.

- How is your daily routine different than normal?
- How have the routines of your family members changed?
- What have you had more time to do that you really enjoy?
- What is something you really miss and you look forward to returning to?
Habit 4: Think Win-Win

This unique situation may provide opportunities to work together or help others in ways you never thought of. Mr. Rogers once said, "When I was a boy and would see scary things in the news, my mother would say to me, 'Look for the helpers. There are always people who are helping.' Please choose one of the options below...

- **Option 1:** Share your personal story of how you have experienced people working together, sharing, and supporting one another in recent days.
- **Option 2:** Find social media stories in which other people have shared how they are caring for and supporting one another. Retell what you read/heard in your own words. Be sure to tell us the source of your story.
News outlets and social media are flooding us with information about Coronavirus, much of which is not factual. Seek first to understand 3 claims that have been reported and determine if you think each is reliable. Then, seek to be understood and explain why you think this claim should or shouldn’t be trusted.

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<th>Source</th>
<th>Claim</th>
<th>Is it reliable?</th>
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<td>Why or why not?</td>
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Habit 6: Synergize

Synergize means to work together to accomplish a task. Our common goal is to slow the spread of Coronavirus so that the healthcare system can keep up with caring for those in need. Individuals have had to make sacrifices and many have been inconvenienced for the greater good. Explain some of the steps our society/government/schools have taken so that we can synergize to slow the spread of this virus.

![Graph showing number of cases without and with protective measures over time.](Taken from the New York Times, March 11, 2020. Adapted from the CDC.)

- What "protective measures" have recently been put into place? Create a timeline below of 5 events by writing the date, and the new rule/restriction that was put into place. You may use a variety of sources to help in your search.

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<th>Rule/Restriction</th>
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Habit 7: Sharpen the Saw

Sharpen the Saw is about giving yourself a chance to rest, relax, and recharge your batteries, so that you may efficiently prepare for upcoming challenges without getting burned out. How can you use this time to practice better self care so that your immune system is in tip-top shape?

- How have you been caring for your body while adapting to a new routine? (Hygiene, exercise, nutrition, cleaning, etc.)
- How are you caring for your mental/emotional health? (Hobbies you have been enjoying more, talking about concerns/worries)
- How have you been maintaining social connections? Did any of your plans change?