**UNIS MIDDLE SCHOOL PHYSICAL EDUCATION DEPARTMENT**

**STAY-AT-HOME DAILY WORK**

Hi, all. We sure hope you are enjoying this time away from school and family life. As you know, the physical education department at Unis wants you to stay physically active as recommended by the World Health Organization: sixty minutes every day! We have come up with a way to keep track of your activity as you take breaks from your other studies.

You can download the excel sheet entitled *StayAtHomeDailyWork* and print off a hard copy or use it online. We ask that every day you do the warm up stretches that you do in p.e. class with your teachers. We also want you to perform at least 15 pushups, 40 sit ups, 50 jumping jacks, and 3 minutes of running in place. Check off the box in correspondence with the date and activity. We have included some optional activities as well, that will keep you active longer.

Please print the finished sheet, have a parent or guardian sign it, and bring it in with you to school the Monday after Spring Break. If you do not have a printer, email the document to your physical educator so he or she can print it off for you. You will then be able to take it home for your parent or guardian to sign off.

**EXTRA CREDIT IF YOU KEEP UP THE GOOD WORK DURING SPRING BREAK!**

We are going to miss you this month, but we care for your health and know that you do, too. Soooooooo-get outside and play…be a kid!

Ms. Barker, Ms. Southers, Mr. Bazzi, and Mr. Duda