**UNIS MIDDLE SCHOOL PHYSICAL EDUCATION DEPARTMENT**

**STAY-AT-HOME DAILY WORK**

WOW! This is quite crazy. Again, 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. We have been working together to keep you busy without stressing you out.

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. May and June will be available later on.

**We all have iBlogs. The middle school physical education department has an iBlog as well. Email us! We all want to hear from you.**

We care for your health and know that you do, too. Soooooooo-get outside, play…and be a kid!

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