

PE SNOW DAY LESSON



Find an activity at home that will keep your body moving for a full 15 minutes. Examples include: building a snowman, sledding, completing a workout indoors with pushups/situps, running in place, chores around the house, shoveling the driveway and sidewalks.

After completing the activity you need to write a response (At least 150 words) that describes the activity and what fitness benefits were achieved: (for example, cardiovascular, flexibility, strength.) When completed please return to your teacher by **email**, using the **Microsoft Teams** app, or a hard copy when you return to school.

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