

## Students and families:

During the next 4 weeks of this school year we will be working on a unit called *Fitness on the Move!* The learning activities in this unit were created as a collaboration of OPEN and Rising New York Road Runners. During this unit we learn will about the FITT principle and how it can help us create personal fitness plans.

Keep this page in a safe place. It's a checklist of everything that you will need to complete during this 4-week *Fitness on the Move* experience! But, if there's ever a time when you need a copy of our learning materials, you can visit [www.OPENPhysEd.org/MS-FitnessMove](http://www.OPENPhysEd.org/MS-FitnessMove) to download activity pages, assignments, and watch video demonstrations of the games and learning activities that we'll be using in physical education class.

Thank you for being physically active every day.

## Go Be Great!

### Middle School Physical Education Checklist for Fitness on the Move

| CHECK | WEEK 1 of 4  |
|-------|--|
|       | Attend physical education class, have fun, and stay healthy and safe.                                  |
|       | Complete Weekly Physical Activity Log (be active every day for 60 minutes).                            |
|       | WEEK 2 of 4  |
|       | Attend physical education class, have fun, and stay healthy and safe.                                  |
|       | Complete the <i>CYO Mission Possible Worksheet</i> .<br>Send it to your Physical Education teacher.    |
|       | Complete Weekly Physical Activity Log (be active every day for 60 minutes).                            |
|       | WEEK 3 of 4  |
|       | Attend physical education class, have fun, and stay healthy and safe.                                  |
|       | Complete the <i>Daily Wellness Plan</i> .<br>Send it to your Physical Education teacher.               |
|       | Complete Weekly Physical Activity Log (be active every day for 60 minutes)                             |
|       | WEEK 4 of 4  |
|       | Attend physical education class, have fun, and stay healthy and safe.                                  |
|       | Complete the <i>CYO FITT Dice Challenge Worksheet</i> .<br>Send it to your Physical Education teacher. |
|       | Complete Weekly Physical Activity Log (be active every day for 60 minutes)                             |

