



PHASE 2 INSTRUCTIONAL CONTINUITY PLAN

Beginning April 16, 2020

Physical Education:

**Individual & Dual Sports, Team Sports,
Basketball, Weightlifting, Personal Fitness**

TEXTBOOK CHECKOUT : NONE

SCHOOL NAME: _____

STUDENT NAME: _____

TEACHER NAME: _____



Physical Education **ACTIVITY LOG**

2-Week High School Physical Activity Log

Use this activity log to track your physical activity minutes.

You need a total of 1 hour per week, 60 minutes total.

Have an adult sign their initials next to each day that complete an activity.

Week 1: March 30-April 3

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes	Initials
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Week 2: April 6-April 10

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

You will scan and email this to your teacher, submit via CANVAS or hand in the first day back to school.



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Day	Activity 1	Activity 2	Activity 3	Total	Parent
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes	Initials
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Week 2: April 6-April 10

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

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Physical Education

ACTIVITY LOG

2-Week High School Physical Activity Log

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Week 1: April 13-April 17

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes	Initials
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Week 2: April 20-April 24

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

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Physical Education **ACTIVITY LOG**

2-Week High School Physical Activity Log

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Week 1: April 27-May 1

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes	Initials
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Week 2: May 4-May 8

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

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Physical Education **ACTIVITY LOG**

2-Week High School Physical Activity Log

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Week 1: May 11-May 15

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes	Initials
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Week 2: May 18-May 22

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

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Physical Education **ACTIVITY LOG**

2-Week High School Physical Activity Log

Use this activity log to track your physical activity minutes.

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Have an adult sign their initials next to each day that complete an activity.

Week 1: May 25-May 29

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes	Initials
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total	Parent
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

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