Elementary Physical Education Information and Assignment Due Dates

Hello Parents and Guardians,

This past week has been chaotic for us all. I am writing this in hopes of clarifying and clearing things up for all of you. There are two assignments that your child must complete over the next 3 weeks. Both of these assignments will be found on "Mr. DuVall's online learning platform" via our gmucsd website. https://www.gmucsd.org/OnlineLearning.aspx. Over the course of our break, I will post any important updates regarding elementary physical education on this site.

Assignment #1: Physical Fitness Bingo (3/23-3/29) **DUE: 3/30**

Please have your child complete a BINGO twice a day. BINGO's can be horizontal, vertical, or diagonal. Have them use objects to track their BINGO's (coins, chips, etc.)

* Have them answer the reflection questions to the best of their ability at the end of the week. Parents of younger students, if your child needs help writing in their answers please feel free to help them. Our school will be having a bus traveling house to house on 3/30 to drop off assignments and to pick them up. Please turn in Assignment #1 to the bus. Assignment #2 will be dropped off by the bus.

Assignment #2: Fitness Log (3/30-4/12) **DUE 4/13**

Please have your child track their physical activity and physical exercise levels over a 14 day period. I understand it may be difficult to track the duration of physical activity levels so please just do your best. Estimations of duration are acceptable for the physical activity piece. As time gets closer, I will post on the online webpage once again to inform you of how to turn this assignment in.

If you have any questions, please feel free to email me at gduvall@gmucsd.org. Paper copies will also be sent home for all assignments via the bus runs. Over the course of the break, please have your children be active. I know at times this can be difficult, but the benefits of exercise and activity are substantial. Get outside and get some fresh air! Take care everyone.