**GRADE 6-8**

**HOME PHYSICAL EDUCATION PACKAGE**

By: Mr. Rogge

Package will also be available at www.pewithmrrogge.weebly.com

Feel free to contact me @ email: josiah.rogge@fsdnet.ca

OR Facebook message David Rogge

**\*\*\*PLEASE REMEMBER TO WASH YOUR HANDS OFTEN, COUGH OR SNEEZE INTO YOUR ELBOW, AND TRY NOT TO GET TOGETHER IN LARGE GROUPS OF PEOPLE.\*\*\***

**THIS IS A TIME OF TRYING TO STOP THE SPREAD OF COVID-19, AND TOGETHER WE CAN MAKE IT HAPPEN!**

**STAY SAFE AND HAVE FUN! SEE YOU AGAIN SOON!**

**PACKAGE INFORMATION AND EXPLANATION:**

**Physical Activity Logs:**

* For these logs, just write down the activities that you do throughout the week, and how much time you are spending on them. Nothing fancy.

**Nutrition Logs:**

* For these logs, just colour in each area of the plate, if you had some of that Food group on that day. So if you had veggies one day, colour in the veggies part of the plate. Try to get at least 8 cups of water each day.

**Meditation Challenge:**

* Try to spend at least one minute every day whitout any distractions, screens or people, just to relax and clear your mind.

**Daily Challenges:**

* These are extra fun challenges for you to do throughout this time, so you don’t get bored.