**Dear Students and Family Members,**

We are working with resources from [**OPENPhysEd.org**](http://www.openphysed.org/activeschools/activehome) to help you stay physically active and healthy while BCA is in the current distance learning program. In order to meet physical education goals during this time, students must be physically active for 60 minutes each day. You will be using the physical activity log provided to record your activity time.

Remember, activity time doesn’t have to happen all at once. You can add up your total activity throughout the day to equal 60 minutes. Students, at the end of each day, ask a family member to initial next to the day’s total activity. Then, return the finished log to your teacher when school is back on campus.

* K-5 students: Please print the K-5 activity log, DEAM-March schedule, and Crusader Creative Obstacle Course Challenge.
* 6-8 students: Please print the 6-8 Fitness Journal and Crusaders Creative Obstacle Course Challenge

Thank you for staying active and healthy!

Sincerely,

Coach Overcash

By staying active and completing this physical activity log you’re meeting the following [**SHAPE America**](http://www.shapeamerica.org/) National Physical Education Grade-level Outcomes:

*Grades K-5 (Physical Activity Knowledge)*

**Standard 3 [E1.K,2,3a,5]** Identifies active play opportunities outside physical education class (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family) (2); Charts participation in physical activities outside physical education class (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).

*Grades 6-8 (Engages in Physical Activity)*

**Standard 3 [M2.6-8]** Participates in self-selected physical activity outside of physical education class (6); Participates in a physical activity twice a week outside of physical education class (7); Participates in physical activity three times a week outside of physical education class (8).