

Name:_____ Grade/Class:_____

Physical Education Activity Choices

Choose 3 activities to complete for 20 minutes each week

- ☐ Go on a walk/jog
- ☐ Play outside with a friend
- ☐ Create a new game
- ☐ Make up a dance



- ☐ Play your favorite sport
- ☐ Push-Ups, Sit-Ups, Jumping Jacks, Burpees, Planks
- ☐ Exercise during TV commercials

Free Choice Activities

- ☐ Examples:
Jumped on the trampoline; Rode a bike; Went on a hike; Played on a playset

☐ Free Choice
Activity:_____

☐ Free Choice
Activity:_____

☐ Free Choice
Activity:_____

Please sign this form and return it to your child's physical education teacher

Parent Signature

Date