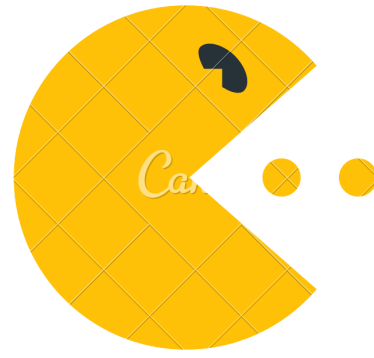


# RHLC Phys Ed Gamification



BROUGHT TO YOU BY: RAMMING, HART, KANOUFF

Gamification is the best parts of video games that  
keep you motivated!

**LEVELING UP!**

**NEW ABILITIES!**



Achievement unlocked

**ACHIEVEMENTS!**

**I. Create your character**

**a. This could be you, a made up creature  
or character from a game you love!**

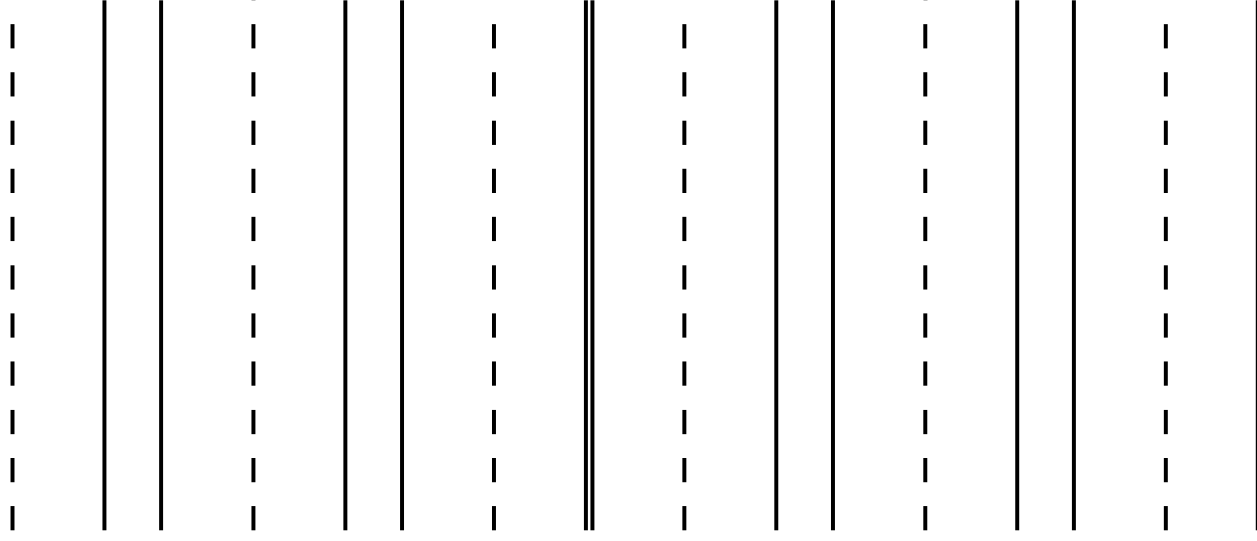
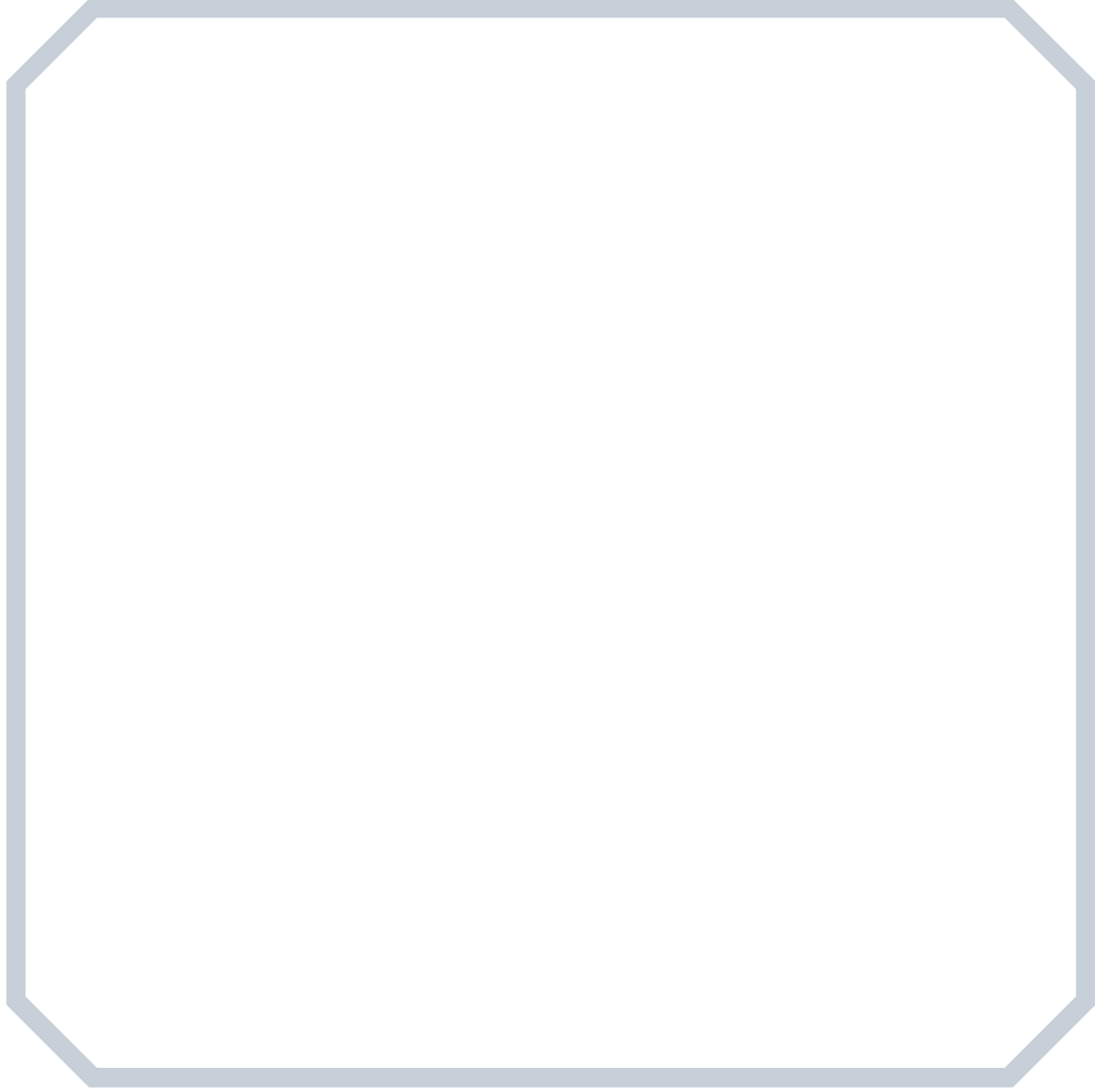
**We want you to make your character special  
for you!**

**a. Design your fitness hero on the next  
page>>**

# Fitness Hero Page

Name:

My Story



# LEVELING UP!

For now, we are going to work on how to level up your fitness hero.

**Everyone should remember we need to get 60 minutes of physical activity every day! Something that will make your heart, body and mind really WORK!**



**So does your fitness hero! In order to level up your hero you need to do AT LEAST 60 minutes of physical activity.**

**So... 60 minutes will mean your hero will go to the next level!  
IF you do 120 minutes, then you get to level up 2 times!**

**Here's basic rules.**

- **We ALL start at level 1**
- **If you're unsure if an activity counts, ask an adult.  
(Adults I trust you on this... Make them work for it)**
- **You must track what level you are on the next sheet!**
- **To keep it fair, Ms. Ramming, Mr. Hart and Mrs. Kanouff  
are sending home some activities to start with.**

# FITNESS HERO LEVEL PAGE



At this point, you get the idea. Exercise and level up. BUT after 10 levels you can choose to EVOLVE your character OR gain a NEW ABILITY which you can add to your Fitness Hero Page!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

**WE MISS YOU ALL! PLEASE  
HAVE FUN, STAY ACTIVE AND  
LEVEL UP! WE WANT FUN  
FITNESS HERO STORIES TO  
COME BACK TO WHEN THIS  
IS OVER!**

Here are some fun links to go try for  
some fitness fun!

Gonoodle.com

[sites.google.com/starpointcsd.org/rhlcpeartmusic](https://sites.google.com/starpointcsd.org/rhlcpeartmusic)

<https://www.youtube.com/user/CosmicKidsYoga>

Stay healthy,

Mr. Hart, Ms. Ramming and Mrs. Kanouff