

# April

2020

## Physical Education Log

### Physical Activity Tracker

During the month of April, please check the RES PE website for daily fitness challenges. Starting April 6, there will be a 10 day Kids Heart Challenge. Feel free to use these activities for your tracker. We encourage at least 30 minutes of physical activity a day. Try to incorporate all three fitness components (cardio, muscular strength and flexibility). Throughout the month of April, there will be resources loaded onto the RES PE page for fitness ideas. Please sign your name each day you complete at least 30 minutes. Stay Healthy!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 START	7	8	9	10	11
12 Easter	13 Spring Break	14	15	16	17 End of Spring Break	18
19	20	21	22	23	24	25
26	27	28	29	30		