

LEARNING EXPECTATIONS:

1. **Engage in vigorous activity (heart pumping!) for a *minimum* of 80 minutes per week = two 40 minute P.E. classes. But all activities should be logged.**
2. **Follow the weekly activity calendar.**
3. **Dance, run, family hike, jump rope, push ups, play basketball, yoga, ride a bike...do what makes you happy. Just stay active and play outside!**
4. **Photos or screenshots could be inserted into the “evidence” column, parents/guardians initials work too, email me pictures.**
5. **A copy of the exercise log for each week will be shared with Ms. Garrison by the end of the week.**
6. **If you have any questions, you can email Ms. Garrison and I will try to respond between 9:00 am and 3:00 pm. Monday – Thursday.**

Ms. Garrison, Health & P.E. Teacher: kgarrison@hamptonschool.org