**Instructions for Physical Education Challenge**

1. Take a look at the choice board and decide which activity or activities that you want to do for the day. I will post lots of links on my teacher page for Yoga videos, dance videos, different workouts etc.
2. Create a journal sheet on loose-leaf. (I posted an example). Once you have completed your activities, use the journal sheet to record the date, chosen activity and your number of points.
3. Do your best, your goal is to complete a minimum of **30** min per day.
4. After the **9** days have been completed, get an adult to help you tally up your total points.
5. Return your journal sheet to the school when we all return. I am going to do some draws for prizes when we return. You must have a minimum of 160 minutes to have your name entered into the draw. Good luck Jr. Cobras!