

**Health/PE**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Block: \_\_\_\_\_

Health 6 - 8 Snow Day Packet

DAY 1

For each snow day, choose ONE article from *Choices* to read. Upon completion of the article, complete the attached 3, 2, 1 to show understanding.

Title of Article: _____	
Page(s) read: _____	
Date read: _____	
<b>3</b>	Things I learned: <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>
<b>2</b>	Things I Found Interesting: <ul style="list-style-type: none"><li>•</li><li>•</li></ul>
<b>1</b>	Question I Still Have: <ul style="list-style-type: none"><li>•</li></ul>

★ Rating: ★★☆☆☆

Engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Block: \_\_\_\_\_

Health 6 - 8 Snow Day Packet

DAY 2

For each snow day, choose ONE article from *Choices* to read. Upon completion of the article, complete the attached 3, 2, 1 to show understanding.

Title of Article: _____	
Page(s) read: _____	
Date read: _____	
<b>3</b>	Things I learned: •  •  •
<b>2</b>	Things I Found Interesting: •  •
<b>1</b>	Question I Still Have: •

★ Rating: ★★☆☆☆

Engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Block: \_\_\_\_\_

Health 6 - 8 Snow Day Packet

DAY 3

For each snow day, choose ONE article from *Choices* to read. Upon completion of the article, complete the attached 3, 2, 1 to show understanding.

Title of Article: _____	
Page(s) read: _____	
Date read: _____	
<b>3</b>	Things I learned: •  •  •
<b>2</b>	Things I Found Interesting: •  •
<b>1</b>	Question I Still Have: •

★ Rating: ★★☆☆☆

Engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Block: \_\_\_\_\_

Health 6 - 8 Snow Day Packet

DAY 4

For each snow day, choose ONE article from *Choices* to read. Upon completion of the article, complete the attached 3, 2, 1 to show understanding.

Title of Article: _____	
Page(s) read: _____	
Date read: _____	
<b>3</b>	Things I learned: •  •  •
<b>2</b>	Things I Found Interesting: •  •
<b>1</b>	Question I Still Have: •

★ Rating: ★★☆☆☆

Engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Block: \_\_\_\_\_

Health 6 - 8 Snow Day Packet

DAY 5

For each snow day, choose ONE article from *Choices* to read. Upon completion of the article, complete the attached 3, 2, 1 to show understanding.

Title of Article: _____	
Page(s) read: _____	
Date read: _____	
<b>3</b>	Things I learned: •  •  •
<b>2</b>	Things I Found Interesting: •  •
<b>1</b>	Question I Still Have: •

★ Rating: ★★☆☆☆

Engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

**SNOW DAY PLANS FOR PHYSICAL EDUCATION**  
**Grades 6 – 8**

Lesson 1 – Date \_\_\_\_\_

Students complete the following exercises in preparation for the fitness gram:

- |                                |                               |
|--------------------------------|-------------------------------|
| 10 Jumping Jacks               | 50 Sit-ups                    |
| 10 Toe Touches                 | 20 Push-ups                   |
| 5 Seated Stretches on each leg | Walk or run for five minutes. |

Students engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Lesson 2 – Date \_\_\_\_\_

Students complete the following exercises in preparation for the fitness gram:

- |                                |                               |
|--------------------------------|-------------------------------|
| 10 Jumping Jacks               | 50 Sit-ups                    |
| 10 Toe Touches                 | 20 Push-ups                   |
| 5 Seated Stretches on each leg | Walk or run for five minutes. |

Students engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Lesson 3 – Date \_\_\_\_\_

Students complete the following exercises in preparation for the fitness gram:

- |                                |                               |
|--------------------------------|-------------------------------|
| 10 Jumping Jacks               | 50 Sit-ups                    |
| 10 Toe Touches                 | 20 Push-ups                   |
| 5 Seated Stretches on each leg | Walk or run for five minutes. |

Students engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Lesson 4 – Date \_\_\_\_\_

Students complete the following exercises in preparation for the fitness gram:

- |                                |                               |
|--------------------------------|-------------------------------|
| 10 Jumping Jacks               | 50 Sit-ups                    |
| 10 Toe Touches                 | 20 Push-ups                   |
| 5 Seated Stretches on each leg | Walk or run for five minutes. |

Students engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification

Lesson 5 – Date \_\_\_\_\_

Students complete the following exercises in preparation for the fitness gram:

- |                                |                               |
|--------------------------------|-------------------------------|
| 10 Jumping Jacks               | 50 Sit-ups                    |
| 10 Toe Touches                 | 20 Push-ups                   |
| 5 Seated Stretches on each leg | Walk or run for five minutes. |

Students engage in 30 minutes of student-selected physical activity and complete the exercise log:

Time	Total Minutes	Physical Activity	Family Verification