9-12 PHYSICAL EDUCATION REMOTE LEARNER CHOICE ACTIVITY FORM

* Physical Education is a state mandated class and all students are required to pass 8 semesters to graduate.
* This simple assignment will allow us to input a grade week to week without us actually meeting.
* Each day should include a warmup, stretch and activity or workout. Similar to the way your daily PE class is.

**Name:**  **Quang Huynh**

**Warmup:** Jogging

**Time:** 5 minutes

**Stretches:** Leg stretches

**Time:** 4 minutes

**Activity:** Walking the dog

**Time:** 50 minutes

**Total time for** : 59 minutes

**Fill out if applicable:**

Approximate calories burned:

Miles traveled:

Steps:

**Circle which fitness components were accomplished during this activity:**

Muscular Endurance

Muscular Strength

Cardiovascular

Flexibility