

	Required Exercise Activities With Parents Grade 3-5 Created by: Chadd Blasko
Overview	Students will be assigned various exercise activities to be completed at home with a parent. A question sheet will be provided to accompany the activities.
Objective	The students will be able to interact and create a healthy lifestyle bond with their parents. The students will be able to use bla-bla and keep track of their daily assigned out of school activities.
Standards (Physical Education)	2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. 3: Participates regularly in physical activity. 4: Achieves and maintains a health-enhancing level of physical fitness.
Materials	<ul style="list-style-type: none"> • Computer with internet access • Registration with Bla-Bla
Procedures	<ol style="list-style-type: none"> 1) A list will be sent out to the student of various parent-child activities to be completed within a month. 2) After each month a new set of activities will be listed to be completed. 3) With the completion of each activity, a question sheet will need to be filled out correctly with proper data. 4) The question sheets will accessible through bla-bla, they will be printed off each time. 5) The question sheet will consist of basic questions like how many calories did you burn?(teacher taught through a website), or why is this activity beneficial to you and your parent? 6) After completion of each activity sheet, the students will receive a healthy oriented reward (Ex. Extra recess time, fruit snacks, ect..) 7)
Evaluation	The students will accessed through their completions of each list and the clarity and understanding of the benefits of a healthy lifestyle with each question sheet. A short quiz will be given about healthy lifestyle choices.

