



Templeton Secondary Physical & Health Education

Home of the Templeton Titans

Dear students and family members,

Even though we are not able to have everyone in class at the same time for face to face lessons and activities, we want to help you stay active and healthy during your remote learning weeks. We have put together a series of activities to accomplish each day and have organized them in a physical activity log format to help you keep track and record your activity time. It is always more fun to exercise and stay active with others, so if you are able to, encourage someone in your household or social bubble to participate with you! At the end of each day ask a family member to sign at the bottom of the day's activity column. After you have completed the week's set of activities, scan and submit your signed log and all applicable handouts to Teams.

To help with scanning and submitting your logs, apps such as Tiny Scanner are great apps that turn photos into pdf documents using your cell phone:

https://play.google.com/store/apps/details?id=com.appxy.tinyscanner&hl=en_CA

For Tabata music with timers, go to YouTube and search up "4 min Tabata songs".

If you have any questions, please do not hesitate to contact me.

I look forward to seeing you back in class!

Cheers,