

Grade 3 Physical Education

These assignments will be found in the students OneNote notebooks that they have with their regular teacher. It will be found with all the other home instruction assignments. Please type the response directly onto the OneNote page.

Grade 3 Physical Education and Health Assignment 1

Due:3/20/20

On the chart below, fill in what you eat each day for 5 days. Please be specific. Be sure to include how much.

Example: Breakfast- Bowl of cereal, glass of orange juice and two pieces of toast with butter.

Day 1

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 2

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 3

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 4

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 5

Breakfast_____

Lunch_____

Dinner_____

Snacks_____

Grade 3 Physical Education and Health Assignment 2

Due: 3/27/20

You exercise everyday even though you don't know it. Exercise could be walking, running, riding a bike or playing outside. On the chart below fill in what type of exercise you have done and how long you did it for.

Day 1

Type of exercise_____

How long did you do it for_____

Day 2

Type of exercise _____

How long did you do it for _____

Day 3

Type of exercise _____

How long did you do it for _____

Day 4

Type of exercise _____

How long did you do it for _____

Day 5

Type of exercise _____

How long did you do it for _____

Add up the total amount of time you spent exercising.
