

# Fitness/Co-op 120

*Home Learning for Week of May 25 – 29*

Engage in sustained physical activity at least 3 times this week. Keep a log of what you've done. Include details about the physical activity, the length of time, and how you felt during and afterwards.

Items for consideration: Which activity would you recommend to your classmates and why?

Email your physical activity log to [shanna.hicks@nbed.nb.ca](mailto:shanna.hicks@nbed.nb.ca). *If you would like, I am open to using Facebook Messenger.*

