

# **P.A.C. (Grades 3-4) PE Mrs. Lanham**

## Physical Activity Calendar

### Note to Parents:

- Make time to be active. School-aged youth should participate every day in 60 minutes or more of moderate to vigorous physical activity that is right for their age, enjoyable, and involves a variety of activities.
- Physical Activity Calendars (PACs) are meant to provide new and fun activities for students to do at home, in place of sedentary activities.
- Limit sedentary activities. These are activities where you're sitting down a lot, like watching TV, using the computer, or playing video games. Spend no more than 2 hours per day in front of a screen.
- Praising participation over winning, and encouraging positive behaviors are important, especially if a child is less active and less interested in sports.

Be a role model. Parents are powerful role models and can help shape a child's perception of exercise.