Homework over March Break

Take photos of the following:

3 healthy meals (one breakfast, one lunch and one supper)

2 healthy snacks

3 physical activities you participated in

Reflection

Reflect on the couch to 5km that we have been working on for the past few weeks. Please tell me:

Your opinion

Your progress

How good you feel after

How can we improve?

How you feel during

Goals

Interviews

3 minutes to learn the following from your partner (you can write it down – you will be telling the rest of the class what you learn from your partner).

Ask your partner:

* To describe two things they like to do for physical fitness (explain how they incorporate this into their daily lives).
* To describe one new physical activity they have learned or done in the last year (or two). What did they life or not like about it?

You have one minute to tell the rest of the class about your partner.