**High school P.E. Instructional Packet Assignments Days 27-31**

**Name:**

**Instructional Packet days 27-31**

**Directions:** This week we are going to focus on the benefits of exercising with someone. I am also going to continue stressing the importance of diet. Furthermore, exercising with someone whom you **are close to can increase likelihood of continuing being active, increase accountability, and create great experiences. So, this week, do every physical activity with a partner. Participate in a physical activity of your choice every day for 60 minutes. For each day, answer the following questions on a separate sheet of paper.**

**What physical activity did you participate in?**

**List the foods you ate for 1 meal. Furthermore, list the calories for each food for 1 meal.**

**What is 1 difference you noticed exercising with a partner? (List 1 new difference you noticed each day).**