

March 23, 2020

Parents/ Guardians,

Enclosed you will find work for this week. Please return your Activity sheet to school the following Monday. If you have any questions you may email me at mmaurin@stpeterreserve.org from 9 am to 11am & 1pm to 3pm Mondays -Fridays.

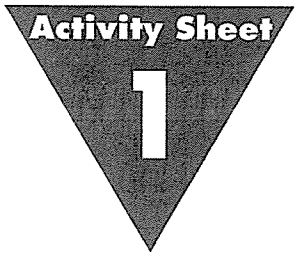
I would appreciate it if you let your child do the sheet by him/herself. Please ask them to write/print legibly. All sheets will be graded.

Please have them continue to work on the SPS Fitness Challenge items. These items will be tested when they return to school.

Thank you for your help during this time.

Romans 8:31 *"What then shall we say to these things? If God is for us, who can be against us?"*

Ms. Beazie



NAME _____

Heart Message

Write the word that completes each sentence.

smoke-free
carrots

heart
swimming

pump
healthy

1 Your _____ _____ beats all the time.

2 _____ _____
are a healthful snack.

3 _____
makes your heart stronger.

4 Your heart is a _____.

5 All places should be _____ _____
_____ _____.

6 Physical activities can help you stay
_____ _____ _____.

Use the circled letters to spell a heart message.

Activity Sheet

NAME _____

2

Build a Healthy Heart

What foods would be wise choices for a healthy heart?
Write the name of a food on each puzzle piece.

