

Dear Parents,

This is a letter outlining the HPE home learning expectations. Students will be asked to complete a daily diary looking at daily food consumption analysis, daily exercise analysis and daily reflection on how they are feeling and why.

The task can be completed on either a word document or in hard copy. I have sent a template of how it can be done in both formats but it is not compulsory to write it up, I am happy for some creative approaches to be used for this.

The basic outline of the task for all year levels is :

- Recording daily food consumption with analysis.
- Recording daily exercise with analysis.
- Daily reflection on how you are feeling & why that is.

Kind Regards,

Mostyn Kemp & Suzanne Kapor
(Health & PE team)