

# HOW TO FILL OUT A FITNESS CALENDAR

Record Fitness Calendars at least **3 times a week** (cannot include PE or recess)

Record what you did simply (e.g. Soccer, Bike Riding, Playing Tag)

Record how long you did the activity (It should add up to a minimum of 20 min.)

Record the **fitness element code** (C, UB, AB, F) see description & examples below

Both Parent & Students should sign the calendar and turn it in by the due date (which is written on the calendar (both first and last name) and also include their classroom teacher's name.

- Please note that 3<sup>rd</sup> -6<sup>th</sup> grade students must fill out the calendar in their own handwriting
- K-2<sup>nd</sup> grade can have parents fill it out but please do this with input from your child.

## Fitness Codes

**C = Cardiovascular**

**UB = Upper Body Strength**

**AB = Abdominal Strength**

**F = Flexibility**

Extra copies of my calendar can be downloaded at the Alcott PE website:  
<http://alcott.lwsd.org/activities/pe-calendar>

Example of what might be written on a calendar.

21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
Soccer Practice C & F 45 minutes	Walking the Dog C 25 minutes	Walking to & From School C & F 20 minutes total	Climbing on Big Toy C, F, UB 25 minutes total

**Below are some examples that your child could include on their calendar although there are many more. Please note that some sports/activities can fall under several categories**

<b>CARDIOVASCULAR</b> the ability of the heart, the blood vessels, and the respiratory system (lungs) to deliver oxygen efficiently over an extended period of time.	<b>FLEXIBILITY</b> The range of movement through which a joint or sequence of joints can move. Inactive individuals lose flexibility, whereas frequent movement helps retain the range of movement.	<b>ABDOMINAL STRENGTH</b> The muscle strength in the abdominal region (waist and stomach area)	<b>UPPER BODY STRENGTH</b> The muscle strength in the arm-shoulder girdle area.
Any game or sport that involves running, jumping, walking or quick climbing	Any game or sport that involves stretching or a wide range or motion or movement	Any sport, game, or exercise that puts stress or strain (without hurting ) or abdominal muscles.	Any sport, game, or exercise that builds muscles in the arms and shoulders
<b>SOME EXAMPLES</b>			
Soccer, Football, Basketball	Stretching Exercises such as inverse hurdle stretch, butterfly stretch, standing or sitting toe touches.	Sit Ups or Curl Ups	Climbing on the Big Toy, Monkey Bars, a climbing rope. Hanging from a bar or tree limb (if it is safe to do so)
Hiking, Skiing, Lacrosse, Dance		Gymnastics, Martial Arts	
Gymnastics, Martial Arts		Kicking activities	
Riding a Bike, Scooter,	Soccer, Football, Basketball	Soccer & Football	Push Ups or Crab Walks
Jumping a rope, on a trampoline		Hanging while lifting legs perpendicular to your body (or making your body an 'L' shape	Pull Ups
Climbing a rope, a mountain			Flexed Arm Hang
Swimming, playing tag	Gymnastics, Martial Arts		
Walking... to School, the dog	Swimming, playing tag		