

FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 X a week
(cannot include PE)

Record what you did

Record how long you did the activity
a total of 20 min or more is required

Record the fitness element code

(C, UB, AB, F) see description below

Fitness Codes

C = Cardiovascular (healthy heart)

UB = Upper Body Strength (arms/shoulders)

AB = Abdominal Strength (stomach)

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Parent

PARENT SIGNATURE

Student

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE
Friday, May 8th

Example

Thu

Mowed Lawn
45 min.
C & UB



APRIL 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
K-2nd students can fill out the calendar with assistance from parents, & if necessary parents while the parent fills in the calendar. 3rd-5th students are capable of doing this on their own) You can assist them but the calendar should be filled out in <u>their handwriting</u> NOT yours. <u>All students & parents should sign their name</u> on the left of this calendar.			1	2	3	4
5	6 Spring Break No School	7 Spring Break No School	8 Spring Break No School	9 Spring Break No School	10 Spring Break No School	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		