

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 handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

**Please give to PE Teacher ON or BEFORE
Friday, November 2nd**

Example

Sun

Riding Bike
30 min.
C

OCTOBER 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 September Fitness Calendar Due	6
7	8	9	10	11	12	13
14	15 Conferences 1/2 Day	16 Conferences 1/2 Day	17	18 Conferences 1/2 Day	19 LEAP Day No School	20
21	22	23	24	25	26	27
28	29	30	31 Halloween	<p>K-2nd students can fill out the calendar with assistance from parents, & if necessary, dictate to their 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.</p>		

