

FITNESS ART DRAWING

Name (1st & last)

Teacher's Name

This assignment is appropriate for 3rd -6th grade students.

Draw a picture of your favorite activity you like to do which keeps you fit on the four fitness areas listed below Please return this to Mrs. Kohlwes, your PE teacher at any time. The pictures must be in color

Cardiovascular: Any activity that exercises your heart. You tend to get sweaty and your heart beats faster

Flexibility: Any activity that stretches your muscles while you're doing the activity.

Upper Body Strength: Any activity that builds muscles in your arms, chest, and shoulders

Abdominal Strength: Any activity that strengthens your stomach muscles.