

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

X

PARENT SIGNATURE

X

STUDENT'S SIGNATURE

in student's handwriting

X

Please print the name of student's Classroom Teacher

Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

Thursday, October 6th, 2011

Example
Thu
Soccer Prac 45 min. C & F

September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. All students & parents should sign their name on the left.				1	2	3
4	5 No School Labor Day	6 1st day of school	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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Example

Sun

Riding Bike
30 min.
C

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Please print the name of student's Classroom Teacher

Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

Friday, November 4th, 2011

October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <small>Parent/Teacher Conference 1/2 Day</small>	4 <small>Parent/Teacher Conference 1/2 Day</small>	5	6 <small>Parent/Teacher Conference 1/2 Day Sept. Cal. Due</small>	7 <small>LEAP DAY No School</small>	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<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-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. <u>All students & parents should sign their name on the left.</u></p>				

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Please print the name of student's Classroom Teacher

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ON or BEFORE

Friday, December 9th, 2011

Example
Thu
Basketball Game 90 min. C & F



November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Oct .Cal. due	5
6	7	8	9	10	11 Veterans' Day No School	12
13	14	15	16	17	18	19
20	21	22	23 Half Day Dismissed at 12	24 Thanksgiving No School	25 Thanksgiving No School	26
27	28	29	30	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-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. <u>All students & parents should sign their name on the left.</u>		

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Example

Thu

Gymnastics
60 min.
C, UB, AB, F

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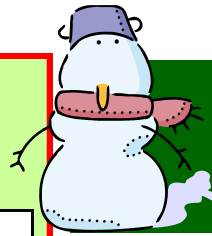
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Please print the name of student's Classroom Teacher

Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

Friday, January 6th, 2012



December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. All students & parents should sign their name on the left.				1	2	3
4	5	6	7	8	9	10
					Nov. Cal. due	
11	12	13	14	15	16	17
18	19	20	21	22	23	24
No School Winter Break						
25	26	27	28	29	30	31
No School Winter Break						

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Please print the name of student's Classroom Teacher

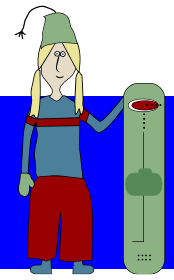
Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

Friday, February 3rd. 2012



January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	Winter Break No School				Dec. Cal. due	
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Honor Dr. King No School					
22	23	24	25	26	27	28
29	30	31	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-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. All students & parents should sign their name on the left.			
		Parent/Teacher Conference 1/2 Day				

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Please print the name of student's Classroom Teacher

Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

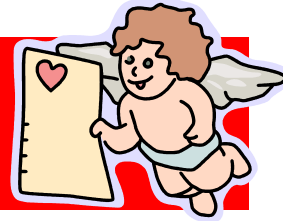
Friday, March 9th, 2012

Example

Thu

Snowboard &
Skiing
120 min.
C, AB, UB, F

February 2012



February 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
All students & parents should sign their name on the left.			1	2	3	4
				Parent/Teacher Conference 1/2 Day	Parent/Teacher Conference 1/2 Day Jan. Cal. due	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
				Mid Winter Break No School	Mid Winter Break No School	
19	20	21	22	23	24	25
Mid Winter Break No School						
26	27	28	29	<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.</p> <p>3rd-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours.</p>		

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Please print the name of student's Classroom Teacher

Please give to Mrs. Kohlwes, your PE Teacher,

ON or BEFORE

Friday, April 13, 2012

Example

Thu

Weed the
garden
30 min.
C, AB, UB, F

March 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. All students & parents should sign their name on the left.				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	Feb. Cal due	17
18	19	20	21	22	LEAP DAY No School	24
25	26	27	28	29	30	31

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Please print the name of student's Classroom Teacher

**Please give to Mrs. Kohlwes, your PE Teacher,
ON or BEFORE
Thursday, May 3rd**

Example

Thu

Mowed Lawn
45 min.
C & UB



April 2012

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

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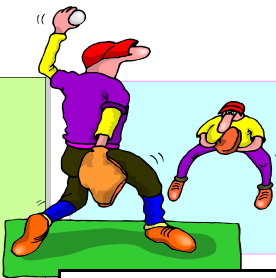
STUDENT'S SIGNATURE

in student's handwriting

X

Please print the name of student's Classroom Teacher

**Please give to Mrs. Kohlwes, your PE Teacher,
ON or BEFORE
Friday, June 8th, 2012**



May 2012



Example
Thu
Tag with brother 30 min. C & F

Sun	Mon	Tue	Wed	Thu	Fri	Sat
K-2nd students can fill out the calendar with help from parents, & if necessary, dictate to their parents while the parent fills in the calendar. See below for instructions for 3rd-6th		1	2	3	4	5
				April Calendars Due	LEAP DAY No School	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
					LEAP DAY No School	
27	28	29	30	31	3rd-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours, please.	
	Memorial Day No School					

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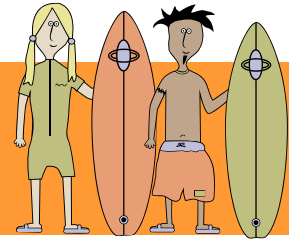
Please print the name of student's Classroom Teacher

**Please give to Mrs. Kohlwes, your PE Teacher,
ON or BEFORE,
Friday, June 15, 2012**

Example
Thu
Vacuumed Room 20 min. C & F



June 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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-6th students are capable of doing this on their own. You can assist them but please, the calendar should be filled out with their own handwriting NOT yours. <u>All students & parents should sign their name on the left.</u></p>					1	2
3	4	5	6	7	8 May Cal. due	9
10	11	12	13	14	15 June Cal. due	16
17	18	19	20	21	22 Last Day of School Dismissed 1/2 day	23
24	25	26	27	28	29	30