

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 Your P.E. 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 <u>handwriting</u> NOT yours. <u>All students</u>				1	2	3
4	5 <small>No School Labor Day</small>	6 <small>1st day of school</small>	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

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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 the calendar should be filled out by their <u>handwriting</u> 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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PARENT SIGNATURE

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STUDENT'S SIGNATURE

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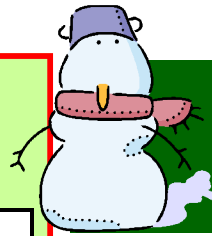
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Please print the name of student's Classroom Teacher

Please give to Your P.E. 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. <u>All students & parents should sign their name on the left.</u>				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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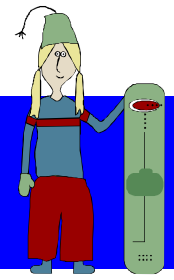
Please print the name of student's Classroom Teacher

Please give to Your P.E. Teacher ON or BEFORE

Friday, February 3rd. 2012



January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Winter Break No School	3	4	5	6 Dec. Cal. due	7
8	9	10	11	12	13	14
15	16 Honor Dr. King No School	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Parent/Teacher Conference 1/2 Day	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.			

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STUDENT'S SIGNATURE

in student's handwriting

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Please print the name of student's Classroom Teacher

Please give to Your P.E. Teacher ON or BEFORE

Friday, March 9th, 2012

Example

Thu

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

February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
All students & parents should sign their name on the left.			1	2 <small>Parent/Teacher Conference 1/2 Day</small>	3 <small>Parent/Teacher Conference 1/2 Day Jan. Cal. due</small>	4
5	6	7	8	9	10	11
12	13	14	15	16 <small>Mid Winter Break No School</small>	17 <small>Mid Winter Break No School</small>	18
19 <small>Mid Winter Break No School</small>	20	21	22	23	24	25
26	27	28	29	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		

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Please print the name of student's Classroom Teacher

Please give to Your P.E. 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. <u>All</u> students & parents should sign their name on the left.				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Feb. Cal due

LEAP DAY
No School

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Please print the name of student's Classroom Teacher

**Please give to Your P.E. Teacher ON or BEFORE
Thursday, May 3rd**

Example
Thu
Mowed Lawn 45 min. C & UB



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	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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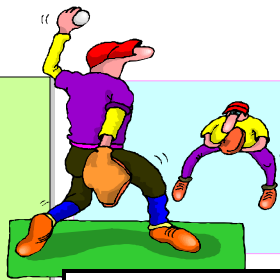
X

Please print the name of student's Classroom Teacher

Please give to Your P.E. 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 <small>LEAP DAY No School</small>	5
6	7	8	9	10 <small>April Calendars Due</small>	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 <small>LEAP DAY No School</small>	26
27	28 <small>Memorial Day No School</small>	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.	

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Please print the name of student's Classroom Teacher

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Friday, June 15, 2012

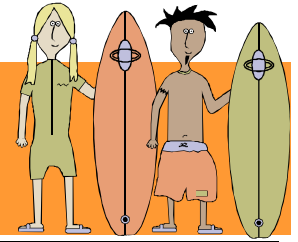
Example

Thu

Vacuumed
Room
20 min.
C & F



June 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8 <small>May Cal. due</small>	9
10	11	12	13	14	15 <small>June Cal. due</small>	16
17	18	19	20	21	22 <small>Last Day of School Dismissed 1/2 day</small>	23
24	25	26	27	28	29	30