



## FITNESS ART DRAWING

This assignment is appropriate for 3rd -5th grade students.

Name (1st & last)

Teacher's Name

Date

**Draw a picture of your favorite activity you like to do which keeps you fit in the four fitness areas listed below. Your illustrations must have 5 colors or more. Please return this to your PE teacher, Mrs. Kohlwes, at any time.**

**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.