

FITNESS CALENDAR REQUIREMENTS

Record on Fitness Calendars at least 3 times 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, LB, AB, F) see description below

Example
Swimming
60 min.
F, UB, C

Fitness Codes

- **C** = Cardiovascular (healthy heart)
- **UB** = Upper Body Strength (arms/shoulders)
- **LB** = Lower Body Strength (legs)
- **AB** = Abdominal Strength (stomach)
- **F** = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Parent Signature

Student Signature

Classroom Teacher's Name

CALENDAR DUE DATE

Email to Your PE Teacher, Mrs. Kohlwes,
At lkohlwes@lwsd.org on or before

FRIDAY, June 12th, 2020

June 2020



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|--|----------|-----------------------------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | | May Cal. Due | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | June Cal. Due | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | | | Half Day Last Day of School | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | <p style="color: blue; font-weight: bold;">Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.</p> <p style="color: blue;">-Wilma Rudolph, USA gold medalist in track and field-</p> | | | |

HOW TO FILL OUT A FITNESS CALENDAR

Record Fitness Calendars at least **3 times a week**: (cannot include PE)

Record what you did simply: (e.g. Soccer, Bike Riding, Playing Tag)

Record how long you did the activity: (It should add up to a minimum of 20 min.)

Record the **fitness element code**: (C, UB, LB, AB, F) see description & examples below

Both Parent & Students should sign the calendar and turn it in by the due date (which is written on the calendar (both first and last name) and also include their classroom teacher's name.

- Please note that 3rd -5th grade students must fill out the calendar in their own handwriting
- K-2nd grade can have parents fill it out but please do this with input from your child.



Fitness Codes

C = Cardiovascular

UB = Upper Body Strength

LB = Lower Body Strength

AB = Abdominal Strength

F = Flexibility

Example of what might be written on a calendar.

| 21 st | 22 nd | 23 rd | 24 th |
|--|------------------------------------|--|--|
| Soccer Practice C & F 45 minutes | Walking the Dog C 25 minutes | Walking to & From School C & F 20 minutes total | Climbing on Big Toy C, F, UB 25 minutes total |



Below are some examples that your child could include on their calendar although there are many more.

Please note that some sports/activities can fall under several categories

| CARDIOVASCULAR The ability of the heart, the blood vessels, and the respiratory system (lungs) to deliver oxygen efficiently over an extended period of time. | FLEXIBILITY The range of movement through which a joint or joints can move. Inactive individuals lose flexibility, whereas frequent movement helps retain the range of movement. | ABDOMINAL STRENGTH The muscle strength in the abdominal region (waist and stomach area) | UPPER BODY STRENGTH The muscle strength in the arm-shoulder girdle area. | LOWER BODY STRENGTH The muscle strength in the hip leg area. |
|---|--|--|---|--|
| Any game or sport that involves running, jumping, walking or quick climbing | Any game or sport that involves stretching or a wide range of motion or movement | Any sport, game, or exercise that puts stress or strain (without hurting) | Any sport, game, or exercise that builds muscles in the arms and shoulders | Any sport, game, or exercise that builds muscles in the hip and leg area |
| SOME EXAMPLES | | | | |
| Soccer, Football, Basketball | Stretching Exercises such as inverse hurdle stretch, butterfly stretch, standing or sitting toe touches. | Sit Ups or Curl Ups | Climbing on the Big Toy, Monkey Bars, a climbing rope. Hanging from a bar or tree limb (if it is safe to do so) | Climbing, jumping, running |
| Hiking, Skiing, Lacrosse, Dance | | Gymnastics, Martial Arts | | Kicking, Gymnastics. |
| Gymnastics, Martial Arts | | Kicking activities | | Exercises such as squats |
| Riding a Bike, Scooter, | | Soccer & Football | | Sports & Recreation Activities such as Soccer, Football, Basketball, Baseball, Hiking, Skiing, Lacrosse, Dance, Gymnastics, Martial Arts, Swimming, playing tag. |
| Jumping a rope, on a trampoline | | Sports & Recreation Activities such as Soccer, Football, Basketball, Baseball, Hiking, Skiing, Lacrosse, Dance, Gymnastics, Martial Arts, Swimming, playing tag. | | Hanging while lifting legs perpendicular to your body (or making your body an 'L' shape) |
| Climbing a rope, a mountain | | | Pull Ups | |
| Swimming, playing tag | | | | |
| Walking... to School, the dog | | | | |