

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

## Fitness Codes

**C = Cardiovascular**

**UB = Upper Body Strength**

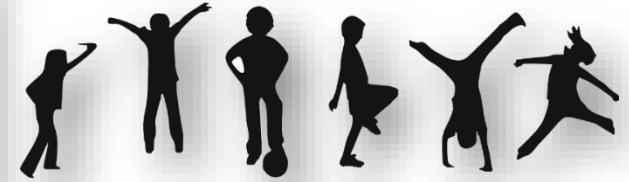
**LB = Lower Body Strength**

**AB = Abdominal Strength**

**F = Flexibility**

Example of what might be written on a calendar.

21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
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**

<b>CARDIOVASCULAR</b> The ability of the heart, the blood vessels, and the respiratory system (lungs) to deliver oxygen efficiently over an extended period of time.	<b>FLEXIBILITY</b> 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.	<b>ABDOMINAL STRENGTH</b> The muscle strength in the abdominal region (waist and stomach area)	<b>UPPER BODY STRENGTH</b> The muscle strength in the arm-shoulder girdle area.	<b>LOWER BODY STRENGTH</b> 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
<b>SOME EXAMPLES</b>				
Soccer, Football, Basketball	Stretching Exercises such as inverse hurdle stretch, butterfly stretch, standing or sitting toe touches.  Sports & Recreation Activities such as Soccer, Football, Basketball, Baseball, Hiking, Skiing, Lacrosse, Dance, Gymnastics, Martial Arts, Swimming, playing tag.	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)  Push Ups or Crab Walks  Pull Ups	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,
Jumping a rope, on a trampoline		Hanging while lifting legs perpendicular to your body (or making your body an 'L' shape		Baseball, Hiking, Skiing, Lacrosse, Dance, Gymnastics, Martial Arts,
Climbing a rope, a mountain				Swimming, playing tag.
Swimming, playing tag				
Walking... to School, the dog				

## 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*

### 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

Name of Classroom Teacher

### CALENDAR DUE DATE

Please give to Your PE Teacher **ON** or **BEFORE**

FRIDAY, November 8<sup>th</sup>, 2019

### *Example*

Riding  
Bike  
30 min.  
C & LB

# October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
					Sept Cal. Due	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	Half Day Parent/Teacher Conferences	Half Day Parent/Teacher Conferences		Half Day Parent/Teacher Conferences	<b>NO SCHOOL</b> All Day LEAP	
20	21	22	23	24	25	26
27	28	29	30	31	The race is not always to the swift but to those who keep on running. – Anonymous	

