



OCTOBER 2017



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Directions : Complete at least 4 days each week and turn calendar into your PE teacher on the specified day. **Both sides of this assignment must be completed for full credit!!**

Student Name: _____ Teacher Name: _____ Parent Signature: _____

1	2	3	4	5	6	7
Do you have a jump rope? Try to find one and a partner. Can you both jump at the same time? Set a record for the most you can do.	Who is your favorite professional athlete? If you can, practice the sport they play today.	Take a big drink from a water fountain every time you see one.	What does good sportsmanship mean? Please describe and provide an example.	Who is our governor? _____ Do 4 jumping jacks for each letter	What does "pacing yourself" mean? Describe.	College Football Saturday again...University of Miami plays today, what time and what team?
8	9	10	11	12	13	14
Find a basketball hoop and try to make 3 in a row. Can't reach? Use a smaller ball.	Do some sort of physical activity with a family member. What did you do and how long did you go for?	Write down 10 things your family can do to improve their health, what were some of them? Describe.	Get help totaling the number of calories in a snack that you ate today. Do that many curl-ups.	Jump into each room in your house with a ball between your ankles!	Balance on one foot while reading a page from your AR book. Turn the page and balance on the other foot. How long can you do this for?	Jog in place for an entire song on the radio. Easy? Do jumping jacks for the next song.
15	16	17	18	19	20	21
Add up the numbers in your zip code. ____ Do this many wall push-ups.	Tap the top of a ball with one foot while the other is on the ground, then switch. Can you do it for 2 minutes straight?	Which physical activity can you participate in during the school day? A. Art B. Lunch C. Book club D. Walking club	Teach your family an activity you learned in PE. What was it?	Do at least 3 special acts of kindness to different people in school. What did you do? _____	Who was the 20th President of the United States? _____ Do 1 sit up for each letter in his name.	Do you know your address and phone number? Do 15 sit ups if you do and 30 if you don't. Learn it!
22	23	24	25	26	27	28
Create an indoor golf course and challenge someone to play. Use cups, balls, brooms or anything else that you think would work. Be careful!	Find a heavy book and lift it over your head 23 times. Could you do it? _____	Ask your parents if you may eat a large salad tonight with your dinner. Try not to have much dressing! What kind of salad did you have?	Jump a real or imaginary rope 10 times your age. How many did you do? _____	Do you have a frisbee? See if your family wants to play a game of frisbee. How long did you play for? Be careful!	Throw and catch a ball off the wall 27 times. Now, how many times can you do it without a drop? _____	Name your favorite physical activity to do: _____ Go practice it!
29	30	31	 <p>Please turn me in on Wednesday, November 1st!!</p>			
Do one wall push up for each letter in the name of the state who's capital is Olympia. State: _____	Jog in place for 30 seconds during each commercial during one TV show.	Happy Halloween! If you have permission, be safe when trick-or-treating and eat your treats in moderation.				



CGPA Current Events on Sports or Health

Students Name: _____

Date: _____

Teacher: _____

Grade: _____

Directions: Current event due dates are listed above on both the fitness calendar and the current event form. You can find current events in the newspaper, magazine or on-line. Please cut out news article from the newspaper, magazine or print out for those who use the internet and attach to this form. Answer the five "W" questions about the article you read. Then follow instructions below that pertains to your grade level.

2nd graders will be asked to write two to three sentences about the article.

3rd & 4th graders will be asked to write a paragraph about the article.

5th graders will be asked to write a paragraph about the article and should also include their opinion about the article as well.

Who? _____

What? _____

Where? _____

When? _____

Why? _____

Summary:

Parent Signature: _____

