



May 2017




SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Attention! Directions: Complete at least 4 days each week and turn into your PE Coach. Please circle or check-mark the days you complete. Both sides of this assignment must be completed to receive full credit!

Student Name: _____

Parent Signature: _____

Teacher/Grade: _____

	<p>1 Practice your throwing and catching skills. Measure 10 steps away from a partner. Try for 5 catches without a drop. Take a step closer if you miss, 2 steps back if perfect! Go again!</p>	<p>2 How many seconds does it take to throw and catch a ball off the wall 30 times? ___ seconds</p>	<p>3 Do you have a jump rope? How many different kind of jumps can you do and what were they?</p>	<p>4 Did you have a healthy dinner tonight? What was it?</p>	<p>5 It's getting hot again...Every time you see a drinking fountain today, drink from it!</p>	<p>6 Try and do as many sit-ups as you can in 1 minute. How many can you do?</p>
<p>7 What are 7 types of fruits and veggies? Which ones do you like?</p>	<p>8 Where is the capital of Florida located? run 1 lap around your home for every letter in that city's name.</p>	<p>9 Are you interested in jogging the Tour of the Gables 5k race? Ask your parents for help in signing up. It's May 20, not too late!</p>	<p>10 Today do your best to eat a healthy breakfast, lunch and dinner and get a good night's sleep.</p>	<p>11 What should you always apply before you go swimming or know that you are going to spend an extended period of time outside?</p>	<p>12 If you're allowed...When watching TV, jog continuously in place except for the commercials. Were you able to complete it?</p>	<p>13 Do something fun and active with your family today!! Make it last at least 13 minutes. What did you do?</p>
<p>14 Go on at least a 14 minute walk with your family. Be sure to go to bed early and eat a healthy breakfast tomorrow!</p>	<p>15 What information can stopwatches provide? A. How many calories you eat in one day B. Your body mass-index C. How fast you can run D. How strong you are</p>	<p>16 Safely, how long does it take you to run around your home 4 times?</p>	<p>17 Can you crab walk? Crab walk to the center of every room of your home.</p>	<p>18 Every time you see a drinking fountain today, drink from it!</p>	<p>19 Write the alphabet while in the push up position. Try it with the other hand!</p>	<p>Let's jog the Tour of the Gables 5k race today! Did you participate in it? If so, what was your time? Were you able to pace yourself?</p>
<p>21 Do you like to play tag? See if you can get your family involved in a game of tag.</p>	<p>22 Stay hydrated! Drink 2-4 glasses of water today.</p>	<p>23 Do you enjoy riding bicycles? Take your family on a family bike ride. How long was it?</p>	<p>24 Squat down and jump as high in the air as you can. Do 24 super high squat jumps!</p>	<p>25 Use your jumprope... when jump roping, try to "write" your name by the directions that you jump.</p>	<p>26 Happy Friday! Have a great holiday weekend! Be active and safe!</p>	<p>27 Find a ball and see who wants to play catch with you. Throw and catch the ball for as long as you can without dropping it.</p>
<p>28 What is another name for the number 3 and number 5 position in Around the World?</p>	<p>Why is today called Memorial Day? What did you and your family do for fun? Don't forget to reapply the sunscreen! 29</p>	<p>30 Let's skip around your home! Try and skip as many laps around your house. How many could you do?</p>	<p>31 Summer is almost here...What physical activities are you going to practice??</p>	<p>Don't FORGET! Don't forget.....to turn me in on Thursday, June 1st! Don't FORGET!</p>		

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: _____

