



DECEMBER 2017



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Attention! DIRECTIONS: Complete at least 4 days each week and turn calendar in to your PE teacher on the day it's due. Please circle or check-mark the days you complete. **Both sides of this assignment must be completed for full credit!!**

Student Name: _____

Parent Signature: _____

Teacher/Grade: _____

1

Do you have stairs in your home? Run up the stairs and walk back down for 6 minutes straight.

2

Go for a walk with your family. If the weather is bad, spend time planning this for a nice day!

3

Do you know how to do a bear walk? Try to bear walk into every room in your house. How was it?

4

Have someone hold a ball in front of you. How many drops can you catch out of 10 without warning. _____ catches

5

Last night was Monday Night Football. What teams played against each other?

6

Add up the numbers in your phone number and then do that many sit ups. How many did you do?

Diego wants to improve his overhand throw for a baseball activity during physical education class. What should he do?
A. Listen to the teacher
B. Listen to his parents
C. Listen to sports radio

7

8

Do your best to see how many sit ups you can do in one minute. How many did you get?

9

Ask your parents if you can have a large salad with your dinner tonight. Try not to use very much dressing. What kind of vegetables did you have?

10

Have someone help you measure your resting heart rate. Now exercise until your heart rate increases by 30 beats.

11

What is something you should always wear to protect yourself when riding a bike?
A. Earplugs
B. Goggles
C. Helmet

12

What part of our hand do we use to hold a wiffle ball?

13

Use a variety of body parts to keep a balloon off the ground for 13 minutes. Were you able to do it?

14

How far can you jump with both legs together? Measure and then jump again. Which one was further?

15

Balance on one foot at a time for 15 seconds. Do it again. Which leg was easier for you?

16

Let's play catch! Ask a family member or friend to play catch with you for at least 16 minutes. Work on both underhand and overhand throws.

17

Mykea Gray plays for the UM women's basketball team. What is her number? Try to demonstrate that many correct push ups to a family member.

18

Which state is known as the Garden state? Perform 3 jumping jacks for each letter of the state.

19

Time yourself 3 times in a row, tying your shoes. What was your fastest time? Add a double knot, and try again. What were your fastest times?

20

Perform 20 jumping jacks. If someone paid you \$1.50 for each jumping jack, how much would you make?

21

How many times in a row can you bounce a small ball with your right hand? Your left? Try again and see how much you improve.

22

What can your teacher use to keep track of time while you run a timed mile?

23

Practice a sport you can play when you become an adult. What is it?

24

Don't forget to work on your jogging skills. How many minutes can you jog without stopping? Remember to jog slowly if you get tired.

25

What college football bowl game is being played today?

26

2nd day of holiday break! Try to go for a 26 minute walk with a friend or family member. How do you feel?

27

Do you have a basketball hoop? Try your best to make three baskets in a row. Can you make more than three in a row?

28

Let's run a timed half-mile today! See if an adult in your family will help you find a safe area to run that half-mile. What was your time?

29

What is 29 minus your age? _____
Add 29 more and do this many sit-ups.

30

Do you think your arm span is equal to your height? Measure three people to see if this is true.

31

Happy New Year!
Make a fitness related New Year's resolution. What is it and do you think you can stick with it?



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:
