



April 2018






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 need to be completed for full credit!**

Student Name:

Parent Signature:

Teacher/Grade:

<p>1 Safely, go out and run a timed mile. Happy April Fool's Day! (no, you don't really have to run a timed mile)</p>	<p>2 Who won the NCAA Women's Basketball National Championship?</p>	<p>3 How many times can you jump rope in 90 seconds? ____ jumps A family member can do ____ jumps.</p>	<p>4 How long can you do a "wall sit" (Pretend to sit in a chair with your back against the wall) Time: _____</p>	<p>5 Find out who is the oldest relative you have: _____ years. Do this many jumping jacks.</p>	<p>6 See if you can eat a large salad with your dinner tonight. Try not to use very much dressing, if any. How was it?</p>	<p>7 Why is it important to use sunscreen? Be sure to use plenty of it this weekend!!</p>
<p>8 Have you ever been bowling? What skills and behaviors are you working on? See if your family wants to go bowling today.</p>	<p>9 Add all numbers in your phone number: Total: _____ See if can do this many Wall Push-Ups</p>	<p>10 What should you always check before jumping into a pool? A. What time of day it is B. How cold the water is C. How deep the water is</p>	<p>Which activity should you sign up for after school to meet your goal of being physically active each day? A. Garden club B. Cooking club C. Tee ball team D. Safety patrol</p>	<p>11 12 Do you remember how to play Around-The-World? Challenge a member of your family to play. How did you do?</p>	<p>13 The FSU women's tennis team has matches today at 2PM. Who were their opponents and how did they do?</p>	<p>14 Who is your favorite player on the Miami Marlins? What is his number? ____ Do this many sit-ups.</p>
<p>15 It's Tax Day! Ask your parents what this day means and see if they need any help around the house. What did you do?</p>	<p>16 What is an example of a moderate physical activity you can do? A. Sprint for 100 yards B. Speed jump rope for 5 minutes C. Play a board game for 30 minutes D. Walk at a medium pace for 30 minutes</p>	<p>17 Name 2 games that make your heart beat fast! Play one! 1. _____ 2. _____</p>	<p>18 Jog one minute for each letter in the state whose capitol is Boise. State: _____</p>	<p>19 Go outside and throw a frisbee or a football with someone. How many catches in a row without a drop: _____</p>	<p>20 Remember learning your batting skills? What is the name of the spot that you can best hit the ball?</p>	<p>21 When are you NOT allowed to "chance it" in Around-The-World?</p>
<p>22 With the person who is currently responsible for you, go to a running track. Can you run ¼ mile? Yes No ½ mile? Yes No ¾ mile? Yes No 1 mile? Yes No</p>	<p>23  Why is water so important for us to drink? Please explain:</p>	<p>24 What does the term P.R. stand for? Please describe what it means:</p>	<p>25 Figure out what animal is fastest on land: _____ It travels _____ mph Do this many sit-ups!</p>	<p>26 After using a jumprope, why should you put it away? A. So no one else can use it B. So no one trips over it C. So no one moves it</p>	<p>27 Look at the lower right hand corner of this page. What sport do you think is being demonstrated?</p>	<p>28 Go for a 28-minute or longer walk with your family. How long did you go? _____ min.</p>
<p>29 Happy Sunday! What are some of the physical activities you did last week?</p>	<p>30 What is our vice president's name? Do 6 jumping jacks for each letter. _____</p>	<p> Don't forget to turn me in on Tuesday, May 1st!</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: _____

