



February 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: _____



<https://www.pyeongchang2018.com/en/schedule>

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|  https://www.pyeongchang2018.com/en/schedule | | | | 1 What is the Olympic Movement? Please describe. | 3 Place your feet under the couch (safely) and do 10 sit-ups every time a commercial comes on during your favorite TV show. If no TV is allowed, then for a 30 minute period do 10 sit-ups every 2 minutes. | 3 Happy Saturday! Today, demonstrate your CGPA PE warm up and then jog two laps around your home. |
| 4 Today is Super Bowl Sunday! Who played? What was the score? Be sure to eat healthy snacks and drink healthy beverages!! | 5 Jog in place for an entire song on the radio. Easy? Do jumping jacks for the next song. | 6 Do you know how to do the standing long jump? Have your parents help you measure your two jumps. How far did you jump? | 7 What is 99-9? ____ Do this many jumps over anything that you choose! What did you jump over? _____ | 8 What is your age? ____ Your shoe size? ____ First number of your phone number? ____ Add them, Total = ____ Do this many push-ups (knees or feet) and this many sit-ups! | 9 Today is the opening day of the 2018 Winter Olympics! What city and country are they located in? | 10 There is a long distance women's medal round Olympic event today. What is it and which countries medaled? |
| 11 Add your age ____ to the day of the month you were born on _____. Do that many sit-ups. How many did you do? _____ | 12 Have someone hold your feet while you are on your hands and perform a Wheelbarrow walk. Why is this such a good exercise? | 13 Cardio respiratory fitness refers to your heart and lungs. Name 2 activities that makes you breathe hard and your heart beat fast: _____ Go practice one! | 14 Happy Valentines Day! Be sure to give at least 5 compliments today. Who did you give them to? | 15 Complete one sit-up and one jumping jack for each letter in "Physical Education" | 16 Pick 4 exercises to do 16 times each! _____ 16x _____ 16x _____ 16x _____ 16x | 17 How long has it been since you and your family have been on a walk? Go on at least a 17 minute walk with your family today. |
| 18 Muscular fitness refers to your muscles. Your stomach muscles are called Abdominal muscles, or abs for short. Go work these with 4 sets of 10 crunches or curl-ups! | 19 No School! What holiday is it today and why are we celebrating it? | 20 What is name of the best section on the bat to hit the ball? | 21 What is the capital of California? _____ Do 3 sit-ups for each letter in this city's name! How many did you do? | 22 Do you know how to bear walk? Try and bear walk into every room in your house. How long did it take? | 23 Happy Friday! What was the fitness activity you enjoyed most this week? Explain on a separate piece of paper how you would teach the activity to a family member or friend. | 24 Remember how to dribble a basketball? Teach your family some of the drills. Which ones did you teach? What parts of your hands do you use? |
| 25 What traditionally occurs at the very end of the Olympic Winter Games closing ceremony? | 26 What is the most important muscle of the human body? Why? | 27 Have you ever played miniature golf? See if you and your family can go miniature golfing tonight for a family activity. How did it go? | 28 Name someone you know who is in good shape: _____ How do they keep their body healthy? _____ _____ |  This calendar is due on Thursday, March 1st!!  | | |

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: _____

