



November 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 must be completed for full credit!!**

Student Name: _____ Parent Signature: _____ Teacher/Grade: _____



				<p>1 Teach your family how to do a correct sit-up and push-up. Now have them do these fitness tests that you learned. How did they do?</p>	<p>2 What is your favorite fruit? Write down 3 different types of fruits. Did you eat them today?</p>	<p>3 Hop on your right foot for as long as you can, then switch to your left. How many hops for each foot were there?</p>
				<p>4 Challenge yourself to no TV, video games or internet use this school week. Do you think you can do it?</p>	<p>5 It's Monday Night Football! Who plays tonight? What was the score?</p>	<p>6 Remember how to perform a correct push-up? Using the wall instead, see how many you can do in 30 seconds. How many could you do?</p>
<p>11 How did you do on the no TV, no video game, no internet challenge? Were you successful?</p>	<p>12 No School, it's Veteran's Day!! Do you know anyone who has served our country? Please tell them thank you for their service to our country.</p>	<p>13 Lay down on a bed or couch, keeping your legs straight, hold them 6 inches off the ground. How long could you go for?</p>	<p>14 Compliment your family and friends today. How many compliments did you give away?</p>	<p>15 How fast can you hop from room to room with a penny on one foot? _____ Can anyone beat that time?</p>	<p>16 Can you jump and touch both sets of toes when legs are pointed forward (pike)? Apart? (straddle)</p>	<p>17 What is one way you can warm up for exercise and why is it important?</p>
<p>18 Do you know how to play Frisbee Golf? If not, look it up. Then draw on a separate piece of paper, a sketch of what kind of course you would have in your back yard or a park nearby.</p>	<p>19 Now that you have created your course, get your family together and play a game of Frisbee Golf. Play only 9 holes. Who won?</p>	<p>20 How high can you throw a small ball (tennis or racquetball) and still be able to catch it?</p>	<p>21 Do you remember how to bear walk? Do your parents? As a family, try to bear walk into every room of your house. How do your arms feel?</p>	<p>22 What is a pedometer and how can you use it to improve your physical fitness?</p>	<p>23 Happy Thanksgiving! Enjoy your family by going for a walk with them. </p>	<p>24 Time to work off your turkey by challenging family members to a footrace. Who won?</p>
<p>25 Get ready for school tomorrow by running or jogging 5 laps around your home. How long did it take?</p>	<p>26 Do we remember how to play Blob Tag? See if you and your family can play a game. What is important to work on in this game?</p>	<p>27 What is this person doing?</p>	<p>28 Try and skip 3 laps around or in your home. How did it go and how long did it take?</p>	<p>29 3 healthy things you ate today are....?</p>	<p>30 Pick a spot near a target. How many times can you kick a ball to a net or target from a spot in 2 minutes _____.</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: _____