Grade K-5

September

Name: _____
First and Last Name

Homeroom Teacher: _____

DISCOVERY Fitness Log

Directions: Students fill out/complete boxes, parents initial boxes.

1. **EACH completed box must be initialed by an adult for credit** PJ
2. **Pick 1 or 2 squares to complete each day** - no more than 2 boxes a day as we are promoting DAILY physical activity.
3. **CHOICE boxes must be 20 minutes or more** of large muscle physical activities, examples: sports practice, dance, bike ride, tag, mowing lawn, walking dog, physical therapy, family walks, Wii Fit, etc., If they are things you already do, just record them on your Fitness Log. If you are not very active - get moving ☺.
4. **If you are unable to do an assigned activity because of a disability, space, lack of equipment, etc. please replace it with a similar activity that you can do.**

Sportsmanship:

"When a player walks off the court/field and you really can't tell whether they won or lost; They carry them self with pride either way." Jim Courier

Due: First Week of Oct.

Coordination Find two small objects. Try to juggle them by throwing one up, switching hands with the other, and keep them in the air ☐	**Muscular Strength** 30-10 = _____ Do this many "Mountain Climbers" Repeat and do it again! ☐	**Flexibility** 3+3+3+3 = ____ Do 3 stretches. Hold each stretch this many seconds. ☐	**Cardio-Respiratory Endurance** Go for a 10 minute jog! Try to do more jogging than walking ☐	**Balance** Try walking across your kitchen with a plastic bowl or plate on your head. ☐	**Muscular Endurance** Try to do 5 push-ups. Have a parent or sibling join you! If 5 is easy, do 5 more! How long? _____ ☐	
Speed Swing like you are hitting a ball off a tee and run to first base. Run from one object to another as fast as you can! Do this 3x! ☐	CHOICE _____ Activity _____ Time (20 minutes +) ☐	CHOICE _____ Activity _____ Time (20 minutes +) ☐	**Did you know your body is over 70% water?** Drink at least 6 glasses of water. ☐	CHOICE _____ Activity _____ Time (20 minutes +) ☐	**Muscular Endurance** Your age + 10= _____ Do this many curl-ups (sit-ups). ☐	CHOICE _____ Activity _____ Time (20 minutes +) ☐
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Grading Scale: 4=ALL 20 | 3=16-19 | 2=12-15 | 1=6-11 | Incomplete = 5 or less