

# October

Name: \_\_\_\_\_

First and Last Name

Homeroom Teacher: \_\_\_\_\_

# Boxes you completed: \_\_\_\_\_

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

- EACH** completed box must be initialed by an adult for credit 
- Pick **1 or 2 squares** to complete each day - no more than 2 boxes a day as we are promoting DAILY physical activity.
- 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 ☺.
- 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.



*ADD* some activity to each day.  
*SUBTRACT* the amount of time you watch T.V.  
*MULTIPLY* the number of fruits and vegetables in your diet.  
*DIVIDE* the time spent playing video games in half.  
*EQUALS* a strong and healthy body and mind.

# Due: Thursday, November 1st

<p><b>How many seconds do you need to hold a stretch</b>                      Add this number to your age and do this many curl-ups</p> <input type="checkbox"/>	<p><b>Muscular Strength</b>  <math>20 \div 4 = \underline{\quad}</math>                      Do this many push-ups. Repeat 3 times.</p> <input type="checkbox"/>	<p><b>Flexibility</b>  <math>2+2+2+2+2 = \underline{\quad}</math>                      Do 3 stretches. Hold each stretch this many seconds.</p> <input type="checkbox"/>	<p><b>Cardio-Respiratory Endurance</b>                      Count by 5's to a hundred. Do 100 jumping jacks.</p> <input type="checkbox"/>	<p>Help out doing yard work                      Ex. Rake leaves, pick up pine cones, pull weeds...</p> <input type="checkbox"/>	<p><b>Muscular Endurance</b>                      Set a plank personal record. Have someone time you.                      How long? _____</p> <input type="checkbox"/>	
<p><b>Cardio-Respiratory Endurance</b>                      Take your dog for a walk. No dog, how about your mom or dad? Remember 20 minutes or more.</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p>Did you know your body is over 70% water?                      Drink at least 6 glasses of water.</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>Muscular Endurance</b>                      Your age <math>\times 5 =</math> _____                      Do this many curl-ups.</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>
<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>	<p><b>CHOICE</b>                      _____                      Activity                      _____                      Time (20 minutes +)</p> <input type="checkbox"/>

**Grade Scale:** 4 = Blackout (20 boxes)    3 = 16-19 boxes    2 = 14-15 boxes    1 = 6-13 boxes    **Incomplete** = less than 5

# FITNESS LOGS

*What are they and why does my child need to complete one?*  
**Parent Student Information**

Students in 3rd through 5th grade will have occasional homework in Health and Fitness. Homework is designed to assist your child in gaining knowledge and practicing ways to live an active and healthy lifestyle.

Each month your child will bring home a **Fitness Log**. Students work on the Fitness Log throughout the month and turn it in the gym- on or before the due date.

Many of our students are already physically active in youth sports, family activities, and just general physical play like riding bikes, jumping on the trampoline, etc. If your child is already physically active, they may record the activities they already do on their Fitness Log in the **CHOICE** boxes. This helps them learn that physical activity and exercise can be fun with the end goal of helping them to incorporate activity/exercise for a lifetime.

If your child is ever not able to complete a specific box due to a physical disability, availability of equipment, or space - please replace the activity with a large motor physical activity that they can do and write it in the box.

The Fitness Log should be completed by and filled out by your child (it is their homework) and verified by you, the parent/guardian with initials in each completed box for credit.

If your child loses their Fitness Log or fails to bring one home at the beginning of the month, they can print a new one from Mrs. Skogstad's (PE teacher) school website or they may pick one up at school from Mrs. Skogstad's office.

The Center for Disease Control (CDC) recommends children and adults receive a minimum of 60 minutes of physical activity a day. The goal of the Fitness Log is to encourage and practice daily physical activity in the health related components of fitness: cardio-respiratory endurance, muscular endurance, muscular strength, and flexibility. A teacher designed fitness log is part of the Washington State Health and Fitness Essential Academic Learning Requirements (EALRs) (4.1.1 and 4.2.1) and is being implemented at all elementary schools in the Issaquah School district. To find out more about the Washington State EALRs for Health and Fitness please go to <http://www.k12.wa.us/HealthFitness/default.aspx>

**Thank you for supporting your child's health and fitness!**