

Fitness is the Goal!

February 24, 2017

Dear Parents:

The Indian Hill Primary Physical Education Department and Indian Hill Boosters are sponsoring an *optional* program involving “lifetime” fitness activities. The focus is on fitness activities that your child can participate in throughout his or her life. This *optional* program will run from March 5, 2017 through April 29, 2017. To recognize and celebrate your child’s successful completion of this program, you will be invited to join your child in one of his or her physical education classes during the week of May 1, 2017 at the Primary School.

Your child will be asked to select a physical activity that is considered a “lifetime” fitness activity (e.g. aerobics, bicycling, jogging, walking, swimming, etc.). After selecting an activity, your child will need to set a *measurable* goal. Some examples include participating in the Conquer the Hill 5 K or riding a bicycle 80 miles by April 29. The child needs to come up with a plan on how to accomplish this goal within the eight week parameter. Weekly updates on progress toward the goal will be collected. Your involvement will help to motivate your child and will offer health benefits to you as well. If you have any questions please call me at 272-4785.

The Objectives of this program are:

- Teach the importance of lifetime fitness
- Learn responsibility for self
- Involve others in lifetime fitness activities (e.g. siblings, parents)
- Learn to plan and adapt schedules
- Practice goal setting
- Experience a feeling of accomplishment

Steps to Take:

- 1) Select an activity.
- 2) Set a *measurable* goal.
- 3) Complete the attached “Fitness is the Goal” form and give it to Mr. Majchszak by March 10, 2017. FORMS CAN NOT BE ACCEPTED AFTER THIS TIME. (Please be prompt – remember one objective is learning self responsibility)
- 4) Make a plan to accomplish the goal. A calendar is attached to use for planning.
 - a) daily
 - b) weekly
 - c) monthly
- 5) Turn in a certificate of progress **weekly and Reap the Benefits!**

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Initial Form

Due to Mr. Majchszak by March 10, 2017

Name:

Home Room:

Selected Activity:

Goal: (be specific about distance, time, speed, etc.) “What is your Elephant?”

Plan to accomplish this goal: (daily, weekly, monthly)

Parent Signature:

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Week 1 (March 5 - March 11)

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

Week 2 (March 12 - March 18)

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

Week 3 (March 19 - March 25)

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

Week 4 (March 26 – April 1)

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

Week 5 (April 2 - April 8)

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

Week 6 (April 9 – April 15)

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

Week 7 (April 16 – April 22)

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

Week 8 (April 23 – April 29) **“I DID IT!”**

Name:
Home Room:
Selected Activity:
Accomplishments this week (be specific about times, distances, speed, etc.):

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Name:

Goal:

Planning Schedule

Sun	Mon	Tues	Wed	Thurs.	Fri	Sat
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

“Yes I can, if I take it one step at a time!”