

## Fitness is the Goal!

February 22, 2019

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 3, 2019 through April 27, 2019. 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 April 29, 2019 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 27. 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 8, 2019. **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!**

# Fitness is the Goal!

Initial Form

Due to Mr. Majchszak by March 8, 2019

Name:

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Home Room:

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Selected Activity:

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

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

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Parent Signature:

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## Fitness is the Goal!

Week 1 (March 3 - March 9)

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

Week 2 (March 10 - March 16)

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

Week 3 (March 17 - March 23)

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

Week 4 (March 24– March 30)

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

Week 5 (March 31 - April 6)

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

Week 6 (April 7 – April 13)

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

Week 7 (April 14 – April 20)

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

Week 8 (April 21 – April 27) **“I DID IT!”**

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

## Fitness is the Goal!

Name:

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Goal:

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Planning Schedule

Sun	Mon	Tues	Wed	Thurs.	Fri	Sat
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	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

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