

MONTHLY FITNESS FUN

Allen Brook and Williston Central School Physical Education are trying to find ways to engage our students in making healthy choices outside of school. **This program is for all of ABS and WCS 3 and 4th Grade.** We want to help our students to learn to become healthy fit individuals. This takes more time than we can provide in our curriculum time.

The Monthly Fitness Fun Calendar is a way to encourage your child to make healthy choices outside of physical education. This is a completely optional activity for your child and family. Each calendar will have an activity for a healthy choice on each day. If your child chooses to participate in the Monthly Fitness Fun Activity you will need to print out the calendar. As an activity on the calendar is accomplished, mark off the box. This is meant to be another fun way to encourage wellness. It is not meant to be an additional stressor. The activities on the calendar are not locked to the date. For example if December 5th says Do 20 Mountain Climbers. You do not have to do the activity on that specific day. If you 20 Mountain Climbers on December 23rd you can cross off December 5th.

You will notice in the calendar that there may be links that will take you to how to do some of the exercises or activities. If you copy and paste them into your browser you will find information if you need it.

If your child completes at least half of what is on the calendar by the end of the month they can bring the printed calendar into school to earn a month token. They can earn a token for every month they participate if they fill at least half of the calendar. Please make sure it has your child's first and last name, teacher name and parent signature is on the returned calendar. Below is a picture of the token.



Each Token has the name of the month written on it so your child will be able to tell which month they completed the calendar and can accumulate many months if they so choose.

Every month the calendar will be in the School Bell and will have more activities. There will be overlaps on certain activities as we want to make this attainable to all children who wish to participate. The activities may include physical health, mental health, social skills, healthy nutrition choices and so on. Again this is not meant to add stress and it is optional to all who would like to participate.

If you have any questions please contact:

ABS PE – Lyn Porter and Dustin King 871-6286

WCS PE – Dustin King 871-6194, Lynn McClintock and Cathy Kohlasch 871-6195