

## ACTIVITY PYRAMID: FIT KIDS FOR LIFE



Dear Parent/Guardians:

Beginning in March all students in grades 4 & 5 will be participating in a 6-week fitness portfolio project entitled "Building Fit Kids for Life". This project will incorporate Maine state physical education standards, as students will learn to design and maintain individualized fitness plans. They will monitor and record physical activity done during school, after school, on weekends and vacations. Students will also learn how to develop the basic fitness components of flexibility, cardio respiratory fitness and strength, and learn how to take and interpret resting, working, and recovery heart rates.

For every 30 minutes of physical activity completed, students will earn a "fitness building block". Their goal is to try to fill as much of their fitness pyramid as possible. Students are responsible for maintaining their portfolios and for keeping them up to date. Students will also earn incentives for reaching certain fitness block levels. This program will culminate with the spring fitness assessment. It is hoped that your child's effort in the project will translate into improving their fitness scores. Portfolios will also be assessed using rubrics/authentic assessment.

Important things to know:

Your child's goal is to earn at least 8 fitness blocks a week (4 hours of activity not counting PE class). Only 30-minute increments may be used. Less than 30 minutes doesn't earn a block and more than 30 will be rounded down. 60 min. equals two blocks, 90 min. = 3 blocks, etc.

***\* Using the attached building block slips, parents must sign off any activity done at home.*** Your child must then enter the activity on their pyramid, bring in the slip, and place it in their portfolio. No more than 4 building blocks (2 hours) may be earned outside of school on any day.

A goal of this program is for students to realize that fitness is a lifestyle. Be a role model for your child! Make this activity a family affair. Set aside time for a family walk during the week and weekend. If you have any questions feel free to contact me.

