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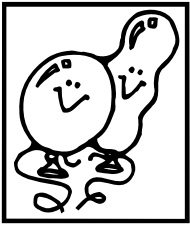


Fitness Day

October 1



Fitness



Setting the Stage

- Display pictures of people involved in fitness training activities around related literature.
- Display student work around pictures of people exercising with the caption, "Physically FIT, Mentally FIT!"
- Construct a semantic web around facts your students already know (or want to know) about fitness to help you structure your day's activities.
- Please be aware of any physical restrictions or limitations any of your students may have before engaging in any energetic activity.

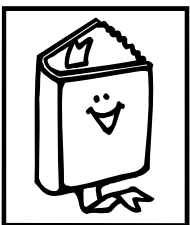


Fitness



Historical Background

World records were set by both Roger Maris (breaking Babe Ruth's baseball home run record) and Steve McKinney (breaking snow skier speed records) on this day in 1961 and 1978. Do you think these men believed in the importance of being physically fit?

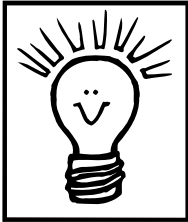


Literary Exploration

Albert the Running Bear's Exercise Book by Barbara Isenberg and Marjorie Jaffe
Arnold's Fitness for Kid's Ages Birth to 5: A Guide to Health, Exercise and Nutrition by Arnold Schwarzenegger
Arnold's Fitness for Kid's Ages 6-10: A Guide to Health, Exercise and Nutrition by Arnold Schwarzenegger
Bodyworks: The Kid's Guide to Food and Fitness by Carol Bershad
Exercise and Fitness by Brian R. Ward
Fun with Fitness by A. Roberts



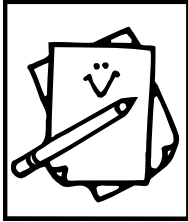
Fitness



Language Experience

- Encourage your students to see how many words they can come up with that rhyme with *fit*.

Fitness

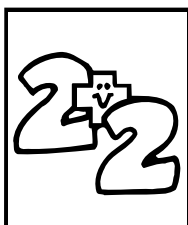


Writing Experience

- Ask students to write about how they feel when they are physically fit and can do what they want to do (hiking, pushups, etc.) without tiring. See reproducible on page 10.



Fitness



Math Experience

- Students can begin graphing their fitness skills on a chart to keep track of their progress. For example, as they increase their ability to do more sit-ups, the chart will reflect that growth.

Fitness



Science/Health Experience

- Today is a great chance to begin a health unit on lifetime fitness skills (nutrition and general health, personal safety, exercise, adequate rest).



Social Studies Experience

- Begin a physical fitness program entitled "Fitness Across America!" Display a map of the United States, pointing out the area from the Pacific Coast to the Atlantic Coast. Challenge students to get physically fit by running from one coast to the other by the end of the school year. Children may wish to use a pedometer to keep track of their actual "mileage," or you may wish to award "mile points" for various classroom activities or accomplishments. Celebrate at the end of the year (or when you reach the Atlantic) with a party, serving healthy snacks.



Fitness



Fitness



Fitness