

# PHYSICAL FITNESS PROGRAM

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## 2019 – 2020

Hello CHESSIE Families,

Welcome to the Physical Fitness Program at CHESSIE. My name is Angie Sokolowski and I am so blessed to help continue this wonderful program at CHESSIE for the 2019-2020 school year.

The Physical Fitness Program at CHESSIE is a program that is based on the Presidential Youth Fitness Program and modified to meet the needs of the students at CHESSIE. This program was started to give children an opportunity either before or after their CHESSIE classes to participate in a program that promotes personal health and wellness. This program also encourages students to challenge themselves by competing with himself/herself each week with the goal of striving to beat the personal bests that they established earlier in the year. There will also be a reward system incorporated into the program.

The areas each child will be working on will be:

- ◆ **Sit & Reach** - encourages the flexibility of the lower back and hamstring muscles.
- ◆ **Push-Ups** - encourages upper body strength and endurance
- ◆ **Sit-Ups** - encourages abdominal muscular strength and endurance of the abdominals and hip-flexors (important in back support and core stability)
- ◆ **Sprints** - encourages acceleration, maximum running speed and endurance during anaerobic exercise
- ◆ **Standing Long Jump** - encourages lower body strength and power
- ◆ **Jump/Speed Rope** - encourages coordination and aerobic endurance
- ◆ **Mile Run** - encourages endurance during anaerobic exercise

## PHYSICAL FITNESS SCHEDULE

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<b>Group 4B</b>	1:00 - 1:40
<b>Life Science</b>	1:45 - 2:25
<b>Group 3</b>	2:30- 3:10
<b>Group 4A</b>	3:15 - 3:55

### Please Bring to Class:

- Water bottle
- Towel or mat
- Running shoes