

10 Points
FITNESS HAS NO VACATION

Physical Education homework assignment for February **20-24, 2012**

Parent Signature and printed name verifying completion is required for credit.

THIS HOMEWORK SHEET MUST BE RETURNED. NO PARENT NOTE/EMAIL ACCEPTED.

In case your dog shreds this handout, you may reprint this sheet from the website www.travisusd.k12.ca.us/gwest

Students have been tested weekly in the mile run and worked to develop strength. Many have made great improvement. For our students to maintain fitness throughout vacation and continue to prepare for state mandated fitness tests, the Golden west Physical Education Department is requiring each student to perform the following fitness activities. Parent signature verifying student completion of the assignment is required for your child to receive credit. To receive credit, this signed sheet must be returned to the teacher or substitute upon the student's first day of return; no partial credit.

10 Push-ups daily

25 Sit-ups daily

1 day of Cardio respiratory Endurance. Two options:

_____ One mile run either around a track or as measured by vehicle or treadmill

Time

OR

20 minute non-stop jog/power walk

Parent/Guardian Printed Name

Student Name printed legibly

Parent/Guardian Signature of Completion