

MOVING STUDENT BODIES PROGRAM
PRESENTED BY
HIGHLAND ELEMENTARY PHYS. ED. DEPT. AND
INDIAN CYCLE FITNESS

As the physical education teacher at HES I am excited to invite you to participate in our new "Moving Student Bodies Program".

We are working with Indian Cycle Fitness of Ridgeland to help motivate our students to be active at home and outside of the school setting.

This program will run for eight weeks beginning the week of March 28th and concluding May 22nd. All students will be given a log sheet to log all physical activity done at home.

To participate in the program students will need to log a total of three hours of physical activity each week for all eight weeks of the program. Students who turn in their completed log sheets verified by a parent on or before May 22nd will be entered into a drawing for prizes.



The grand prize will be a 22" bike for both a girl and a boy. Various other prizes will be awarded through drawings.

This program is designed to promote a healthier school and community through increased physical activity. We would like to thank Jayce Powell and Indian Cycle Fitness for supporting HES students in their quest for increased fitness.

Please contact me with questions at ddaniel@madison-schools.com

Dock Daniel
PE Teacher HES

MOVING STUDENT BODIES PROGRAM LOG SHEET

Student name: _____

| Date | Week # | Start Time | Finish Time | Total Time | Exercise Activity |
|-----------------------|--------|------------|-------------|------------|---------------------------------|
| Example 1 | | 3 :30 | 4 :15 | 45min. | Walking on the multi-use trails |
| Example 2 | | 5 :00 | 6:00 | 1hour | Soccer practice |
| March 28 | 1 | | | | |
| March 29 | 1 | | | | |
| March 30 | 1 | | | | |
| March 31 | 1 | | | | |
| April 1 | 1 | | | | |
| April 2 | 1 | | | | |
| April 3 | 1 | | | | |
| WEEK 1 TOTAL = | | | | | |
| April 4 | 2 | | | | |
| April 5 | 2 | | | | |
| April 6 | 2 | | | | |
| April 7 | 2 | | | | |
| April 8 | 2 | | | | |
| April 9 | 2 | | | | |
| April 10 | 2 | | | | |
| WEEK 2 TOTAL = | | | | | |
| April 11 | 3 | | | | |
| April 12 | 3 | | | | |
| April 13 | 3 | | | | |
| April 14 | 3 | | | | |
| April 15 | 3 | | | | |
| April 16 | 3 | | | | |
| April 17 | 3 | | | | |
| WEEK 3 TOTAL = | | | | | |
| April 18 | 4 | | | | |
| April 19 | 4 | | | | |
| April 20 | 4 | | | | |
| April 21 | 4 | | | | |
| April 22 | 4 | | | | |

| | | | | | |
|-----------------------|---|--|--|--|--|
| April 23 | 4 | | | | |
| April 24 | 4 | | | | |
| WEEK 4 TOTAL = | | | | | |
| April 25 | 5 | | | | |
| April 26 | 5 | | | | |
| April 27 | 5 | | | | |
| April 28 | 5 | | | | |
| April 29 | 5 | | | | |
| April 30 | 5 | | | | |
| May 1 | 5 | | | | |
| WEEK 5 TOTAL = | | | | | |
| May 2 | 6 | | | | |
| May 3 | 6 | | | | |
| May 4 | 6 | | | | |
| May 5 | 6 | | | | |
| May 6 | 6 | | | | |
| May 7 | 6 | | | | |
| May 8 | 6 | | | | |
| WEEK 6 TOTAL = | | | | | |
| May 9 | 7 | | | | |
| May 10 | 7 | | | | |
| May 11 | 7 | | | | |
| May 12 | 7 | | | | |
| May 13 | 7 | | | | |
| May 14 | 7 | | | | |
| May 15 | 7 | | | | |
| WEEK 7 TOTAL = | | | | | |
| May 16 | 8 | | | | |
| May 17 | 8 | | | | |
| May 18 | 8 | | | | |
| May 19 | 8 | | | | |
| May 20 | 8 | | | | |
| May 21 | 8 | | | | |
| May 22 | 8 | | | | |
| WEEK 8 TOTAL = | | | | | |

The above information has been verified and is an accurate account of
 (Student's name) _____ exercise activities over the past eight weeks.

Parent/guardian signature: _____