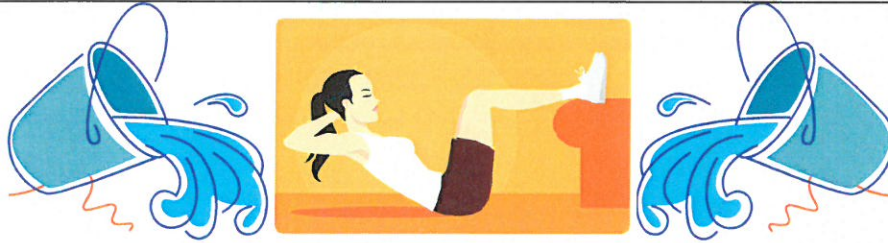


## Fitness Fair- Splash Edition



**When:** Tuesday, April 25 1:15-3:10pm  
(1<sup>st</sup>-5<sup>th</sup> Grades)

**Where:** City Tree's Roof Playground

**What:** Our Fitness Fair promotes overall fitness and helps us assess our students with regards to our Falcon Fitness Program. Each class, grades 1-5, will visit the roof for about 40 minutes and move through five fitness stations and one health station and then take a snack break.

### Stations

1. Curl-ups (abdominal strength and endurance)
2. Shuttle Run (speed and agility)
3. Sit and Reach (flexibility in lower back and hamstrings)
4. Push-ups (upper body strength and endurance)
5. Mileage Club Walk and Run (endurance and heart health)
6. Health Station (learn about healthy choices)
7. Oranges and water (healthy eating)

**Why:** We want students to experience fitness activities in a fun, positive environment. Staying active and fit will help students have more energy, be more alert, perform better in school, feel better, and stay healthier.

**Help? Yes! Yes! Yes!**

**We need oranges, water and parent assistants.**

Please look for the sign-up at your child's classroom. Sign-up to help as soon as possible!

**Clothing:** On the day that your student's class participates 1<sup>st</sup>-5<sup>th</sup> graders may wear shorts, t-shirts, and tennis shoes. Make sure clothing allows for running and movement.