

Dear St. Patrick Families,

FIT FOR LIFE is an annual physical education program here at St. Patrick School to promote lifelong wellness/fitness by encouraging students to be active daily. It is designed to get students (and their family members) in the habit of exercising outside of the school environment and recording the activity.

This year, 2021, our theme is “**COMMIT TO BE FIT**”. To participate, Kindergarten through 5th grade students must engage in an afterschool physical activity for a minimum of 20 minutes a day. Activities may include walking, jogging, skiing, skating, snow shoveling, dance, and home workouts. They may also include athletic team practices and/or games (not the time framed involved, but the actual amount of time a student is active). Any activity that involves the use of large muscle groups and increases the heart rate is acceptable. An important goal is to encourage the students to be creative and consistent with their choices and level of activity. We also want our students to develop the habit of recording their activities, since it is an important step in learning to set and assess goals.

FITNESS CALENDAR REQUIREMENTS:

- Can not include PE or recess
- Record what you do **AND** how long you did it for.
- A total of 20 minutes or more a day is required
- Parent and student signatures are required.
- Must be turned in before the due date on the bottom of the calendar.

Students who participate will receive one “COMMIT TO BE FIT” award for every 5 days of activity recorded. This award will have the student's name put on it, it can be colored or decorated and then returned to school. We will display the “COMMIT TO BE FIT” awards all along the walls by the gym. The grade with the most awards will receive a game day of their choice in gym class.

While we recognize that not all of our students enjoy athletics, we also know that some form of activity every day is important to our students overall health. The FIT FOR LIFE Program will run January 10th through February 28, 2021. Monthly calendars must be returned to school by the deadline noted on the bottom of each calendar. If you have any questions, feel free to contact Mrs. Balyo at kbalyo@stpatschool.org.