

Stokesdale FITNESS Club

When: Thursdays 2:30-3:30 in the Gym

- 2/7
- 2/14
- 2/28
- 2/21 (NO FITNESS CLUB)
- 3/7
- 3/14

For: 3rd, 4th, and 5th grade students ONLY

How many kids?: 30 students who demonstrate school wide expectations of: Showing self-control, accepting responsibility, improving flexibility, and learn to show honor and respect. Due to the popularity of the club, misbehavior and pick up tardiness will not be tolerated.

Return to Mrs. Bisdee ASAP

Run by: Mrs. Bisdee, PE teacher bisdeek@gcsnc.com

What will we focus on?

- Fun physical activities and games
- 60 minutes of exercise a day
- How to make healthy choices
- How to exercise your muscles
- How to exercise your heart and lungs (cardiorespiratory endurance)
- Why flexibility is important
- Understanding why it is important to be an overall healthy person!

Student Name: _____

Homeroom Teacher: _____ **Grade (circle one):** 3rd 4th 5th

Parent Phone Number: _____

Parent Email: _____ **(Please print neatly)**

Pick up FROM Fitness Club:

Car Pick Up

ACES