



We encourage you to find books in the children's department at your local library on Physical Fitness. The lesson plan does not include games because we do not know if brothers and sisters are available to play with your child; however, books on games are available at the library also. You may find records with exercises or songs with exercises.

FIRST QUARTER

WEEK ONE

Pull-ups: Grasp the chinning bar with both hands, palms facing forward. Hang with arms and legs straight. Feet should not touch the floor. Pull yourself up until your chin reaches the bar. Lower the body until the arms are straight. If you are in excellent condition you should be able to do this eight times. This can be practiced all week.

WEEK TWO

Sit-ups: Lie on your back with your hands behind your head. Hold your ankles. Raise your body to a sit-up position. Turn your trunk and touch the left knee with the right elbow. Return to lying position. Repeat with your right knee and left elbow. Boys are in excellent condition when they can do 100 without stopping; girls are in excellent condition if they can do 50. Note: Exercises from the previous weeks can be practiced and improved upon each week.

WEEK THREE

Standing Broad Jump: Stand with your feet apart behind a take-off line. You should bend your knees and swing arms back and forth. Then you should lean a little forward, swing arms swiftly forward and jump from the balls of your feet with a spring through the air. Measure the distance from the take-off line to where you land. Boys rate excellent at 6 feet 1 inch, girls at 5 feet 8 inches.

WEEK FOUR

Shuttle Run: Mark two lines 30 feet apart. Place two wooden blocks or blackboard erasers just behind the starting line. Someone can track the running time with a stopwatch. Take a running position behind the line. On the "Go" signal, run toward the blocks and pick one up. Race back to the starting line, put the block down, race back to the second block, pick it up and race back to the starting line. Both boys and girls are in excellent condition if they can complete this in 10 seconds.

WEEK FIVE

50-yard Dash: Mark a starting line and a finish line 50 yards apart. Take a starting position. Run as fast as you can across the finish line; have someone time you. Both boys and girls are in excellent condition if they can complete the run in 7 seconds.