

Wii™ Get Fit!!!

5th Grade Health Competition

In order to reinforce what we are learning, we as a class will put into practice the balanced approach of a healthy diet and regular strenuous physical activity! For the next 5 weeks, we will have a competition between the two homeroom classes as to which can most accurately complete and record the more consistent balanced eating and physical fitness. Personal record sheets will be given to the students in order to keep a log of their progress. At the end of the 9 weeks, the students progress will be evaluated, and the class with the most students to complete their activities will enjoy their class time for that day playing the Wii!!! This will be fun and graded. The grade will be as follows:

1. Balanced Diet- Students must record what they ate for all the main meals of the day 5 of 7 days a week. Under the Balanced Diet column, students are to write the food groups that their food was from to see if they accomplished eating food in **all** the groups!
2. Physical Fitness- Students are to record the type of physical fitness at least 3 times a week, how long they participated in the activity (should be 20-30 minutes), and record their target heart rate (they know their goal). THR=To calculate their heart rate, after exercise, count to 6 will counting the number of heart beats in those six seconds, then multiply that number times 10 which will equal the THR.

This Competition begins September 13th and ends October 18th!

Grading- Recording 5 days of meals and 3 times of exercise a week is worth 20 points! Total points= 100 points! **Bonuses**: for students who record calories, and do neat physical activities or more than the 3x a week!

Parents,

Be creative in the meals and snacks that you cook and pack for your kids! Also, be creative in the activities that are chosen for your family (Ex: bike rides together, neighborhood pool swimming laps, Wii Fit or Active!). I am in this competition as well, so Wii all need to "Get Fit!"

Students are to bring their Wii information to class every Monday to get checked! This will be part of their grade!



Get Fit!!!

5th Grade Health
Wilmington Christian Academy

Name : _____

Class: _____