

# Roadrunner Walk Run Club At-Home Exercise Log

## October 1, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Walk and Bike to School Week	3	4	5	6	7 Tough Kid Challenge
8	9 Return Walk/Bike at Home Sheets to Mrs. K	10 FUTP60 Meeting	11 Late Start	12	13 Golf Trip 6 <sup>th</sup> AM 5 <sup>th</sup> PM	14
15	16	17 FUTP 60 Milk Mustache Booth at Conferences	18	19	20 Golf Trip (Rain Date)	21
22	23	24	25	26 No School	27 No School	28
29	30	31				

### At Home Exercise Rules

- Record the number of minutes of exercise you do outside of the school day that makes your heart beat fast and that gets you hot and sweaty.
- For every 15 minutes you exercise, Mrs. R. will give you 1 punch on your walk/run punch card at school.
- Please send all completed logs to **Mrs. Rushkofske**
- Each punch card has 17 punches on it which equals 5 Miles.
- For every **5 cards** you hand in you can earn a prize.
- When a student reaches a **100-mile marker**, they will receive a **medal** and can pick a prize.
- Any student who reaches **200 miles** will receive a **Gold Shoe Trophy** at the end of the school year.
- You will get 10 punches on your walk/run card for any community fun run you participate in

Name: \_\_\_\_\_ Total Number of minutes: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

October 1, 2017

## Physical Education News

Mrs. Rushkofske  
Mrs. Kaphingst

[RUSHKOFKSKEJILL@asds.k12.wi.us](mailto:RUSHKOFKSKEJILL@asds.k12.wi.us) 997-1399 x3823  
[KAPHINGSTMARGE@asds.k12.wi.us](mailto:KAPHINGSTMARGE@asds.k12.wi.us) 997-1399x3860

Welcome Mr. Burch!!



### What's going on in Physical Education?

During October we will be working on spatial awareness activities and locomotor skills for primary students. Please have your child work on skipping, galloping, sliding, hopping, leaping, and jumping at home. We will also begin working on hand-eye coordination skills such as tossing, throwing, and catching.

Intermediate students will be working on striking skills by participating in golfing activities. We will be golfing for the next few weeks and will end the unit with a culminating activity by taking a Field Trip to Irish Waters Golf Course with our 5<sup>th</sup> and 6<sup>th</sup> grade students on Oct. 13<sup>th</sup>. After golf we will begin working on hand-eye coordination and invasion game play skills.

### Notes and Reminders:

#### Gym Shoes

Please be sure your child has a separate pair of shoes for Physical Education class that are to be kept at school. We have new floors and would like them to stay clean and safe. If you need a pair of shoes, please let one of us know.

#### Medical Excuses

If your child needs to be out of Physical Education class for more than 2 days for any medical reason, please send a doctor's note. If your child is going to be out for a long length of time-- for let's say a broken leg-- please ask the doctor what your child can do. (Ex. Dribble a ball from a chair, etc.) It's hard for kids to sit and watch their peers having fun working on their skills. Most of our activities can be adapted so they are able to safely participate in class.

Morning Intramurals for Grades 4-6 are held from 7:30am 8:10am Monday - Friday. Please see Mrs. R. if you need a permission slip to join.



### Fuel Up to Play 60 –

- Parents, students and family members are encouraged to join the Fuel Up to Play 60 Huntley team at [fueluptoplay60.com](http://fueluptoplay60.com). Click on "Join Us" if you are new or just "log in". Be sure to connect your account to Huntley. There will be plenty of opportunities to learn more about wellness by participating in some fun physical activities and nutrition plays. Students can earn some cool prizes for themselves or for our school. Check it out!
- FUTP60 would like to remind you of the importance of a healthy diet that includes foods from the dairy group. Consuming dairy products provides health benefits – especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.



Dear Parent or Guardian,

International Walk to School Day is being celebrated the week of Oct. 2<sup>nd</sup> – 6<sup>th</sup>. This is a great opportunity to promote the positive aspects of physical activity. Walking and biking can be a fun way to increase physical activity, reduce traffic, help the environment, and improve both mental and physical health. By teaching students how to safely travel to and from school by walking and biking creates an opportunity to establish a fun and healthy routine that can last a lifetime.

**Huntley Elementary will be holding Walk/Bike to School Week on Oct. 2<sup>nd</sup> – 6<sup>th</sup>.** At Huntley Elementary, for each day that your child walks or bikes to and/or from school they will be entered for a prize drawing. Those students who walk/bike to school will receive a ticket from our Huntley Safety Patrol (maximum of 1 ticket per day). Students should fill out their first and last name as well as their teacher's name and place it in the prize bucket of their choice.

*A family walk or bike ride done outside of the school day can be used as an alternative activity for those children who are unable to walk or bike to school. Please fill out the reverse side of this sheet with the performed activity and parent signature to take part in this event. **Please return the slip by Monday Oct. 9<sup>th</sup> to Mrs. K.** Prize drawings will take place **on Wednesday Oct 11th!** We hope that this event provides for some extra time to spend together as a family and allows for a great learning opportunity for your children so they can safely be out and about in the community.*

Below are a few tips to keep your family safe while walking or biking:

- Always wear a helmet when biking as they greatly reduce the risk of serious injury in the event of a crash.
- Wear bright colored or reflective clothing which makes you more visible to drivers.
- Always ride on the right side of the road with traffic; never ride your bike against traffic.
- It is important to make sure you obey all traffic laws such as stopping at stop signs etc.
- Use extra caution when riding near parked cars, a driver or passenger door might open causing a collision.

By following these simple tips it will help to ensure a safe and enjoyable biking experience for you and your family. If you have any questions please contact Margie Kaphingst or Jill Rushkofske at 832-6255.

Sincerely,

***Margie Kaphingst***

***Jill Rushkofske***

***Huntley Physical Education Department***

