

2009-2010 NYC FITNESSGRAM Pacing Calendar: Elementary Grades K-3

*** Remember only Height and Weight are Assessed for Grades K-3***

For comprehensive information and support regarding NYC FITNESSGRAM go to <http://schools.nyc.gov/nycfitnessgram>.

	September	October	November	December	January	February	March	April	May	June
Important Dates			Parent-Teacher Conferences: 11/9-11/13				Parent-Teacher Conferences: 3/15-3/19 Web Application Closes March 26, 2010			Parent Reports Delivered to Schools
Professional Development	For comprehensive health and physical education professional development, including NYC FITNESSGRAM support, please refer to the Educator Resources link at http://schools.nyc.gov/fitness .									
Theme	Aerobic Fitness	Aerobic Fitness Muscular Fitness	Muscular Fitness Flexibility	Body Composition Nutrition Activities	Goal Setting/ Aerobic Fitness/ Muscular Fitness/Flexibility Review and practice the 5 components of fitness					
Assessment				Height & Weight assessments integrated with daily lessons	Enter all scores into NYCFG web application by March 26, 2010: https://www.nycboe.net/applications/fitnessgram			Web Application Closes March 26, 2010		
Concepts to Incorporate Into Daily Lessons	<ul style="list-style-type: none"> Definition of aerobic fitness Health benefits of aerobic activity Warm up, cool down 30 minutes of moderate to vigorous physical activity (MVPA) 	<ul style="list-style-type: none"> FITT principles as applied to elementary school students Definition of muscular fitness Health benefits of muscular fitness 	<ul style="list-style-type: none"> Definition of flexibility Health benefits of flexibility 	Continue to Integrate Components of Health-Related Fitness: <ul style="list-style-type: none"> Expanding Activities Adding new activities to stations Including student-led warm-ups and cool downs Introducing elements of Body Composition 	Continue to Integrate Components of Health-Related Fitness: <ul style="list-style-type: none"> Goal setting Expanding activities Adding new activities to stations Including student-led warm-ups and cool downs Introducing elements of Body Composition Prepare students and parents for upcoming NYC FITNESSGRAM reports: Understanding the Healthy Fitness Zone and how to use report information for personal improvement. 					
Suggested Activities from The Physical Best Elementary Guide	<ul style="list-style-type: none"> Red Light/ Green Light p. 23 Artery Avengers p. 30 Benefit Pickup p. 32 On Your Spot... p. 34 	<ul style="list-style-type: none"> Animal Locomotion p. 43 Pace, Don't Race p. 47 Healthy Heart Tag p. 51 Talk to the Animals p. 70 	<ul style="list-style-type: none"> Muscular Strength and Endurance Chart p. 75 Statue, Statue p. 79 Muscle Trek p. 88 Human Alphabet Stretch p. 104 Beginning Yoga Poses p. 108 Bend, Stretch, and Move p. 112 At Least 10 Alligators p. 120 	<ul style="list-style-type: none"> Chapter 6: Body Composition Chapter 7: Special Events Chapter 2: FITT Review 						

