

2014-2015 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>.
For more information about NYC FITNESSGRAM contact NYCFITNESSGRAM@schools.nyc.gov or Wellness@schools.nyc.gov.

	September	October	November	December	January	February	March	April	May	June		
Important Dates	NYCFG Web Application Opens Parent-Teacher Conference: 9/16		Parent-Teacher Conference: 11/12-11/13				Parent-Teacher Conference: 3/18-3/19	Web Application Closes April 2nd	Student Reports Delivered to Schools Parent-Teacher Conferences: 5/13			
Professional Development	For comprehensive health and physical education professional development opportunities, click here and for additional Educator Resources click here											
Theme	Aerobic Fitness	Aerobic Fitness Muscular Fitness	Aerobic Fitness Muscular Fitness Flexibility	Body Composition Nutrition Activities	Aerobic Fitness Muscular Fitness Goal Setting							
Assessment			Integrated assessments into daily lessons <u>Assess:</u> Height Weight	Enter all scores into the NYCFG web application				Review and practice the five components of fitness Web Application Closes April 2nd				
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 • 60 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 2nd ed.	<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 								