



Dear Parents/Guardians,

Attached is a copy of the November fitness calendar provided by the National Association for Sport and Physical Education. We will be sending home a monthly fitness calendar to help promote daily physical activity for you and your children. Feel free to perform the activities with your child. If your child completes the activity listed, have them mark a line through the date box. Feel free to modify an activity as you see fit for your child. The activity should be similar to what the calendar lists, but doesn't have to be exactly the same. If a student is able to mark off at least twenty of the dates for that month and return the calendar signed by you to their P.E. teacher, he/she will receive a certificate of accomplishment. Students' have until the end of the first week of the following month to turn in their signed fitness calendar to receive the certificate. Each month's certificate will have a different theme. We will be posting the fitness calendar in the gymnasium, and if your child ever needs an extra copy feel free to have them ask Mr. Mette or Miss T. Some activity is better than no activity so even if the goal of twenty days of activity is not reached, there are still plenty of opportunities to **Get Yourself Moving!!!!!!**

Along with the calendar, NASPE publishes a monthly letter regarding physical activity with great information, tips, and resources. Please feel free to visit their website at www.aahperd.org/naspe

Sincerely,

Mr. Mette & Miss T



