

Physical Education Homework (Grades 3-6)

18 homework assessment sheets that Physical Education
teachers can send home with their children

Subject: PE

Write a story about your
favorite physical activity
or sport



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Physical Education Homework
from PE Central

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Note: These are original homework assessment sheets published in the Teaching Elementary Physical Education Journal, which was published from 1990-2006 by Human Kinetics.

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Introduction

For 17 years (1990-2006) Human Kinetics published a wonderful physical education journal titled Teaching Elementary Physical Education (TEPE). Physical Educators from across the world applauded its' contents as it was practical and relevant to the elementary physical educator. Each month a physical educator could look forward to well written articles, an abundance of high quality physical education lesson and assessment ideas, features and homework ideas. In 2006 the last issue of the journal was published and to say the least it has been missed.

In 2013, PE Central (www.pecentral.org) purchased the rights to the journal. Although we have no plans to bring the journal back as a monthly publication we are going to be publishing some of our favorite items from the journals in a number of ebooks. The first publication we are offering is called Physical Education Homework.

About This Book: Physical Education Homework

The following book features 18 assessment ideas that physical educators can send home with their students. These are one - page assessments that are designed to assess whether children learned various concepts that were being taught in physical education class.

Acknowledgements

Thanks to Dave Hinman who spent a lot of time selecting the homework assessments for this book. Also, thanks to Mark Manross for designing the cover and writing the introduction and doing the Table of Contents. Lastly, thanks to Dean Manross who managed to put the assessments into the book, which was no small feat.

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Secret Code—Fitness

Name _____ Class _____

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

Match the letters with the numbers. Write the letter in the space.

You can 10 21 13 16 18 15 16 5 , 2 9 11 5 ,
18 21 14 , and 23 1 12 11 6 1 19 20 to help keep your
8 5 1 18 20 strong and healthy!

Your 13 21 19 3 12 5 19 get 19 20 18 15 14 7 5 18
when you 13 15 22 5 , 16 12 1 5 and
5 24 5 18 3 9 19 5 .

Your 13 21 19 3 12 5 19 feel 7 15 15 4 when
you 19 20 18 5 20 3 8 and 13 15 22 5 them!

PHYSICAL EDUCATION HOMEWORK

Name _____ Room # _____



Lesson: Cardiovascular endurance



Circle the activities that help improve cardiovascular endurance:

Jogging **Sleeping** **Riding a bike** **Jumping rope** **Bowling**
Walking **Swimming** **Playing horseshoes** **Watching TV**

Choose one of the activities you circled and do it for 15 minutes at least once before your next physical education class. If you have several days between now and your class, repeat the activity or choose another one you have circled. Draw a line under any circled activity you did. Ask your mom, dad, and other family members to participate with you.

After you have completed this sheet have your mom or dad sign at the bottom. Return the signed sheet during your next physical education class.

Remember... try your best! Good luck!

_____ Check here if mom or dad did the activity with you.

Parent signature: _____ Date: _____

PHYSICAL EDUCATION HOMEWORK

Name _____ Room # _____

How many body parts can you strike with?

Use a large punch-ball balloon or a very soft ball to practice your striking skills at home. Circle the skills you did at home. On the blank next to the drawings you circle, write the name of the body part you used to strike the balloon or ball.

Body parts: elbow, knee, head, arm, shoulder, hand



Parent's Signature _____

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PHYSICAL EDUCATION HOMEWORK

Name: _____ Room # _____

How heart-smart are you?

Your heart pumps blood around your body. Your **pulse rate** is the number of times your heart beats in 1 minute. When you're resting, your pulse rate (your **resting pulse rate**) is lower than when you're active—that higher pulse rate is called your **active pulse rate**.

To find your pulse rate:

1. Put your middle and index fingers on your wrist or neck. (Don't use your thumb.)
2. Press slightly and hold your fingers in place until you feel the steady beating of your pulse.
3. Count the number of beats you feel for 6 seconds (you will need a clock or watch with a second hand). Multiply this number by 10. This gives you the number of beats per minute.

Resting Pulse Rate

When you get up in the morning, while you are calm and relaxed, take your pulse and measure your resting pulse rate.

_____ beats in 6 seconds X 10 = _____ beats per minute

Active Pulse Rate

When you get home from school, go for a short walk and measure your active pulse rate.

_____ beats in 6 seconds X 10 = _____ beats per minute

Very Active Pulse Rate

Now go for a short run (or run in place) for about a minute and then measure your very active pulse rate.

_____ beats in 6 seconds X 10 = _____ beats per minute



Activities and pulse rate

Compare the three pulse rates that you measured. Now try to guess what kind of pulse rate you would have after doing each of the activities listed below. Next to each activity, put R if you think it will give you a resting pulse rate, A for active pulse rate, or VA for very active pulse rate.

- | | |
|--------------------------|----------------------------|
| _____ Sleeping | _____ Riding your bike |
| _____ Cutting the grass | _____ Shopping at the mall |
| _____ Playing basketball | _____ Listening to music |
| _____ Watching TV | _____ Swimming |

Now circle the activities listed above that you think will help your heart become stronger.

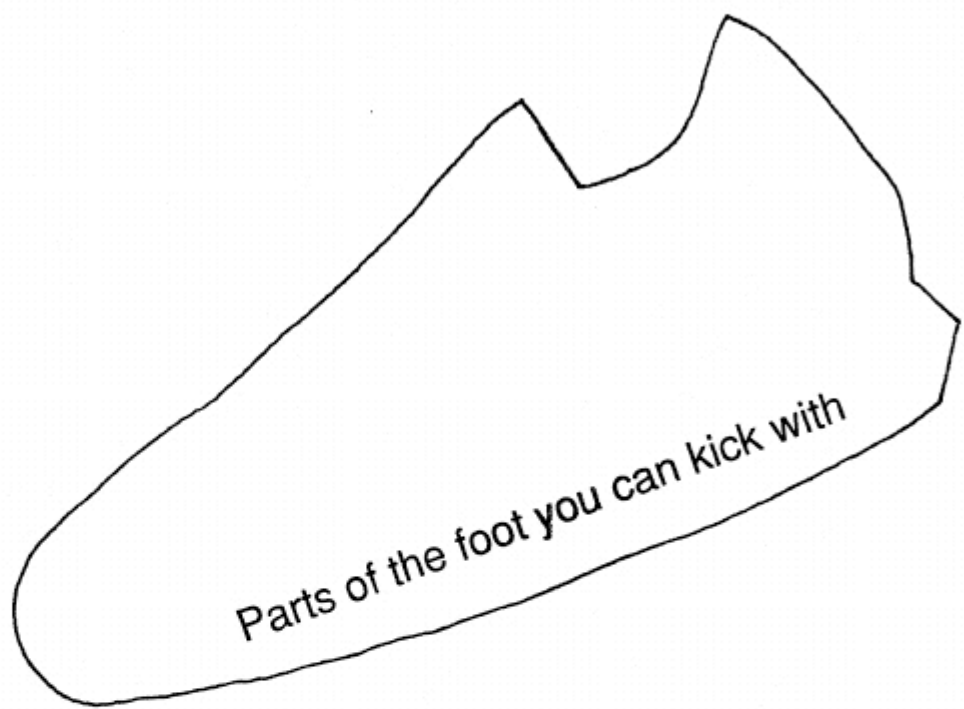
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Name: _____ Grade: 5

Kicking: What do you know?

How to kick

1.



Making the skill of kicking

Easy

Hard

1.

1.

PHYSICAL EDUCATION HOMEWORK

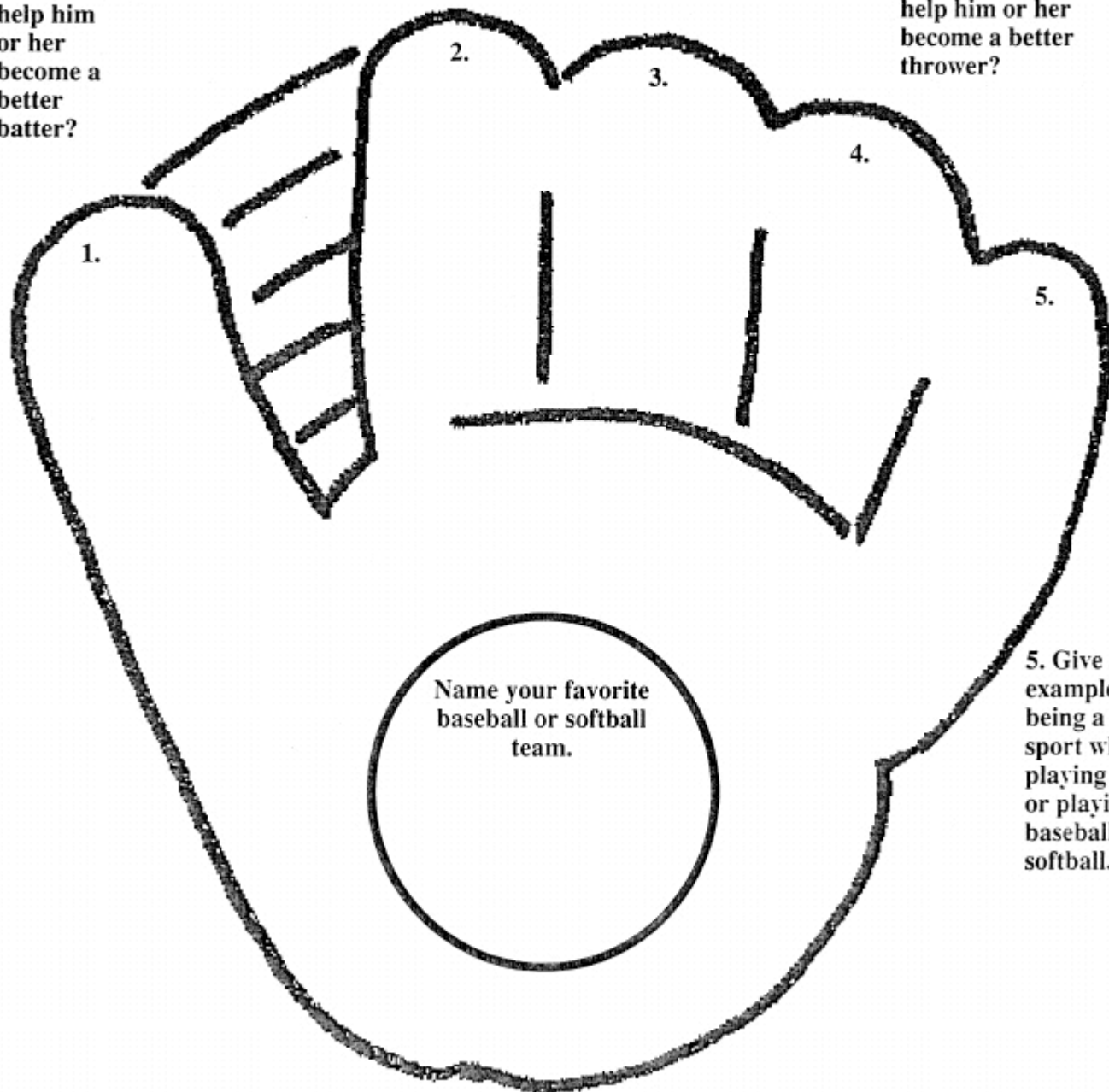
Name: _____ Class: _____

See if you can fill in the fielder's glove below:

1. What hint could you give your friend to help him or her become a better batter?

2. & 3. What are two important things to do when you're trying to catch a ball?

4. What hint could you give your friend to help him or her become a better thrower?



5. Give an example of being a good sport when playing catch or playing baseball or softball.

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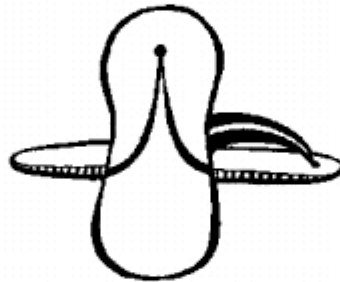
PHYSICAL EDUCATION HOMEWORK

Name _____

Classroom _____

Start Off on the Right Foot—Be Safe!

Directions: **Circle** the shoes below that are safe for you to wear in physical education.
Put an **X** on the shoes that are not safe to wear in physical education.



Circle the days you have physical education class:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

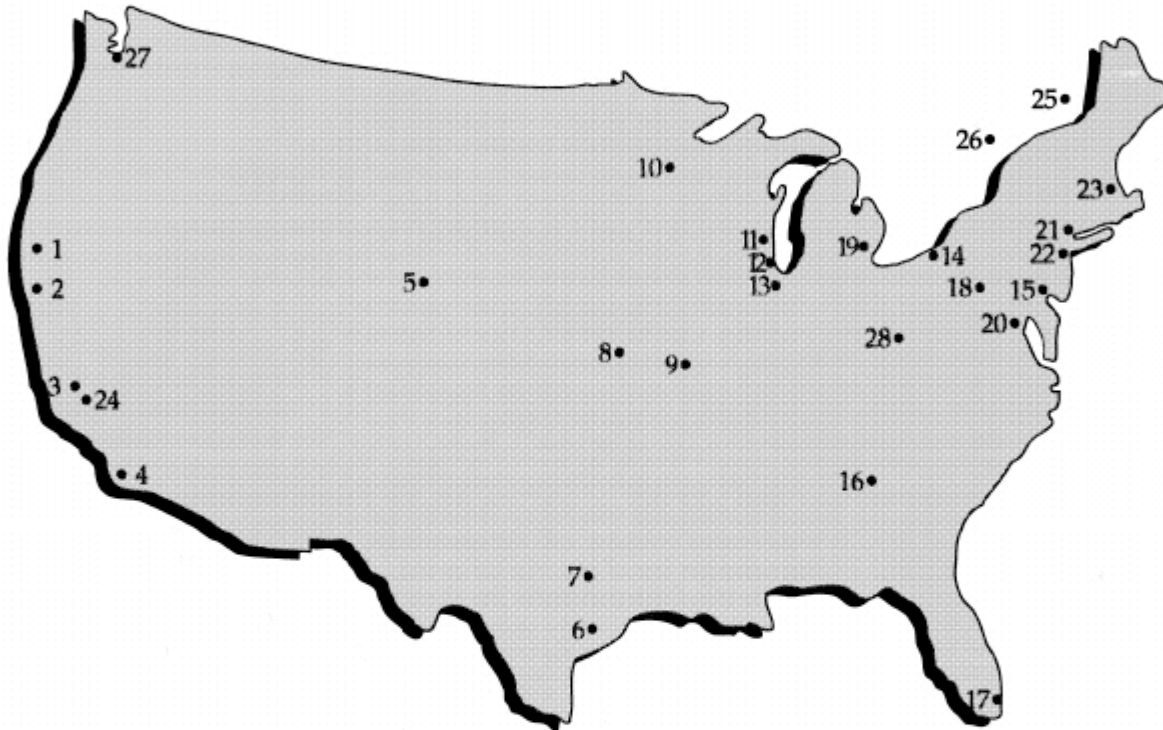
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PHYSICAL EDUCATION HOMEWORK

Name _____ Room # _____

Take Me Out to the Ballpark!

The 1993 World Series of Baseball is just around the corner! Can you match the following major league teams with the city they call home? To give it a try, write the number of the city from the map next to each major league team. Then see if you can write the name of the state each team is found in next to the team name.



Team	City Number	Team	City Number
Detroit Tigers	_____	Philadelphia Phillies	_____
Toronto Blue Jays	_____	St. Louis Cardinals	_____
New York Yankees	_____	Montreal Expos	_____
Baltimore Orioles	_____	Florida Marlins	_____
Boston Red Sox	_____	Chicago Cubs	_____
Milwaukee Brewers	_____	Pittsburg Pirates	_____
Cleveland Indians	_____	New York Mets	_____
Kansas City Royals	_____	San Francisco Giants	_____
Chicago White Sox	_____	Houston Astros	_____
California Angels	_____	Atlanta Braves	_____
Minnesota Twins	_____	Los Angeles Dodgers	_____
Texas Rangers	_____	Cincinnati Reds	_____
Seattle Mariners	_____	San Diego Padres	_____
Oakland A's	_____	Colorado Rockies	_____

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PHYSICAL EDUCATION HOMEWORK

Name: _____ Room: _____

Give Your Body a Holiday Treat!

Directions: Can you fill in each box below with things you've done over the holiday to make your body more fit and strong? Choose from our lists or add your own! We've filled one day out as an example.

DAY: Thursday
November 25

I walked with my parents

Rode my bike to my friend's house

Stretched to my toes

Carry groceries

DAY:

DAY:

Carry groceries

Walk with a friend

Ride your bike

Swim

Play tag

Jump rope

Carry groceries

DAY:

DAY:

Rake leaves

Play ball!

Touch your toes

Stretch up high

Stretch to each side

Push the vacuum cleaner

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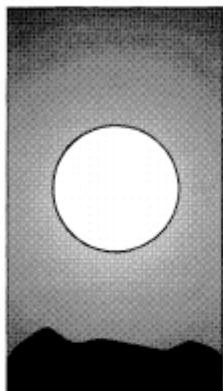
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PHYSICAL EDUCATION HOMEWORK

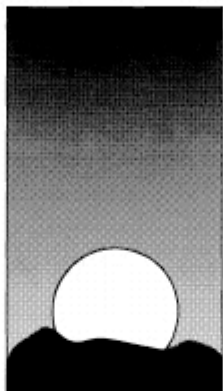
Name: _____ Room: _____

What's *Your* Level?

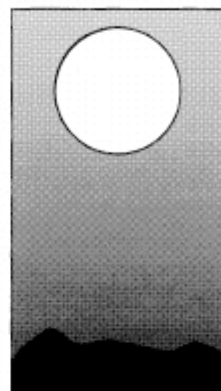
1. At what level is each sunset?



A. _____



B. _____



C. _____

2. On the three lines below, follow these directions:

Write your address on the line that is on a medium level; write your telephone number on the line that is on a high level; write the town you live in on the line that is on a low level.

A. _____

B. _____

C. _____

3. Look at the numbers below. What level is each number on?

10 **6** **32**
8 **7** **41** **22**
59 **17** **11**

17 _____ 11 _____
22 _____ 7 _____
6 _____ 10 _____
59 _____ 8 _____
32 _____ 41 _____

PHYSICAL EDUCATION HOMEWORK

May 1994: FITNESS MONTH

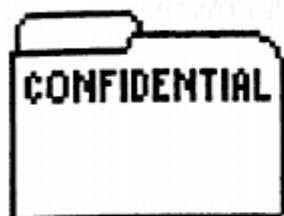
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>MAY 1-7 PHYSICAL EDUCATION WEEK</p> <p>GET PHYSICAL.....EDUCATION</p>						<p>Try a day with out television. Do something outside instead.</p> <p style="text-align: right;">1</p>
<p>To be totally fit, nutrition is important also. Eat from all levels in the food pyramid each day.</p> <p style="text-align: right;">2</p>	<p>Go for a 30 minute walk with a friend. Yes, the dog can count as your friend.</p> <p style="text-align: right;">3</p>	<p>When you choose a snack today make it a healthy snack. Suggestion: <u>Ants on a Log</u> Celery with peanut butter in the groove and raisins on that.</p> <p style="text-align: right;">4</p>	<p>Ride your bike for 30 minutes. Tell a parent where you are going. Make sure you use hand signals and follow the laws of the road. BE SAFE !</p> <p style="text-align: right;">5</p>	<p>The Heart pumps about seven quarts of blood per minute. Plug the sink and dump in 7x4 cups of water to see how much volume is seven quarts.</p> <p style="text-align: right;">6</p>	<p style="text-align: center;">Make up an exercise routine and put it to music. Pump up your muscles, not the volume.</p>	
<p>Jump rope during recess. Try a new trick today or make up a routine with several tricks.</p> <p style="text-align: right;">9</p>	<p>Always warm up when exercising. Start slowly then stretch. Warm muscles work better. Cool down also. Do not stop suddenly.</p> <p style="text-align: right;">10</p>	<p>When going to the grocery store have your parent park in the parking space far away from the store. WALK</p> <p style="text-align: right;">11</p>	<p>The best time to drink liquids is <u>before</u> you get thirsty. Sip some water before you exercise.</p> <p style="text-align: right;">12</p>	<p>Fitness is being the best YOU. Competing against others has nothing to do with fitness. Do it for yourself.</p> <p style="text-align: right;">13</p>	<p style="text-align: center;">Try a carryover (lifetime) sport this weekend. Go to the driving range and hit some golf balls. Go to the tennis court and hit some tennis balls. Fitness comes in all shapes and sizes just like us.</p>	
<p>Exercise helps you to fall asleep more easily at night. Sleep tight.</p> <p style="text-align: right;">16</p>	<p>Organize a neighborhood running and tagging game. Play for 20 minutes. Include everyone.</p> <p style="text-align: right;">17</p>	<p>How many bones make up your skeleton? If you said 207 you were right. It takes a lot of muscles to move around 207 bones.</p> <p style="text-align: right;">18</p>	<p>Go to the nearest basketball hoop and play AROUND THE WORLD, "21" or try 25 free throws.</p> <p style="text-align: right;">19</p>	<p>All exercises are not created equal. Some build strength. Some build stamina. Some build flexibility.</p> <p style="text-align: right;">20</p>	<p style="text-align: center;">Rake the yard for 30 minutes. Wear gloves and watch out for blisers. Jump in and over the leaf piles. Bag the leaves.</p>	
<p>Play catch with a 1.) football 2.) softball 3.) frisbee 4.) dog Don't throw the dog, throw something to the dog.</p> <p style="text-align: right;">23</p>	<p>Exercise helps you do better in school. Yes you still have to study but you are less stressed and more relaxed and ready to learn.</p> <p style="text-align: right;">24</p>	<p>Set up a game of 4 square during lunch recess. While you are waiting for a turn, do trunk twisters, jumping jacks or any exercise of your choice.</p> <p style="text-align: right;">25</p>	<p>When you are physically fit you have more energy for work and play.</p> <p style="text-align: center;">Exercise = Energy</p> <p style="text-align: right;">26</p>	<p>Create a fitness rap or poem. Give it to your Physical Education Teacher.</p> <p style="text-align: center;">Look out Snoop Doggy Dog!</p> <p style="text-align: right;">27</p>	<p>Try walking up and down the stairs for 10 minutes without stopping. USE THE HANDRAIL AND KEEP A SLOW STEADY PACE. 28</p>	<p>Children need 10 to 12 hours of sleep to remain healthy. <u>This is per day not per week.</u> Try it you might like it.</p> <p style="text-align: right;">29</p>
<p>Memorial Day Celebrate the holiday with the fitness activity of your choice.</p> <p style="text-align: right;">30</p>	<p>Your should drink lots of water (8 glasses) especially when the weather is warm. Pop or soda does not count as water.</p> <p style="text-align: right;">31</p>	<p style="border: 1px solid black; padding: 5px;">Take care of your body, it is the only one you will get.</p>				

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This sheet was submitted by Kathleen Leadley. Teachers may reproduce this page for their students.

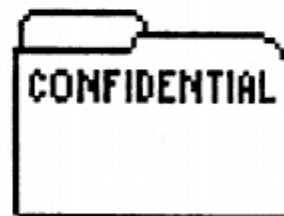
PHYSICAL EDUCATION HOMEWORK

Name: _____ Room: _____



SPORTS

WRITER



**Write a story about your favorite
sport, team, or athlete.**

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This sheet was created by Monica Mize. Teachers may reproduce this page for their students

PHYSICAL EDUCATION HOMEWORK

All About Me and PE

About Me

My name: _____

My age: _____ My height: _____ My weight: _____

The color of my hair: _____



The color of my eyes: _____

My grade this year: _____

My classroom teacher: _____



My favorite food: _____



My favorite animal: _____

My favorite subject in school: _____



My favorite sportsperson or team: _____

My favorite sport/activity to play: _____

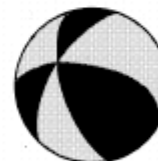


About PE

What I look forward to most about PE: _____



What I least like about PE: _____



What I most want to get better in during PE this year: _____

Keep this page in your portfolio or at home. Look it over at the end of the year!

PHYSICAL EDUCATION HOMEWORK

Name _____ Room # _____

Directions: Ask a parent or an older friend to blow up and tie a large round balloon for you. Then see if you can do the fun tasks below. Use the "Helpful Hints" to help you do your best! After you've finished each task, color in the happy face.



1. **Toss a balloon into the air and keep it off the ground by hitting it with your hand.**

Helpful Hint: Bend your knees when you hit the balloon.

Helpful Hint: Get underneath the balloon when you hit it.



2. **Hit the balloon back and forth from one hand to the other.**

Helpful Hint: Keep your eyes on the balloon!



3. **Repeatedly hit the balloon high into the air and keep it from hitting the floor by striking it with the opposite hand each time.**

Helpful Hint: Use the palm of your hand to hit the balloon.



4. **Hit the balloon back and forth with a parent or friend.
If you can, use different body parts like your arm, head, elbow, or knee to hit the balloon!**



5. **Hit the balloon into the air with a tennis paddle.**



6. **Use a tennis paddle to hit the balloon back and forth with your friend.**

PHYSICAL EDUCATION HOMEWORK

Sparta Area Schools Elementary Physical Education Grammar: Is/Are



Name _____

Circle the correct word, either *is* or *are*.

My brother (is are) a baseball player.

(Is Are) their team winning the game?

Two runners (is are) going to score.

(Is Are) that ball out of bounds.

(Is Are) there too many players on the field?

What (is are) the coach telling them?

(Is Are) the uniforms new?



Name _____

Draw a line between the football team and city where they located, then draw a line to the matching state.

Team

Packers

Bears

Vikings

Saints

Dolphins

49ers

Cowboys

Broncos

City

Denver

Dallas

Miami

Chicago

Green Bay

Minneapolis

New Orleans

San Francisco

State

Minnesota

Florida

Louisiana

Texas

California

Illinois

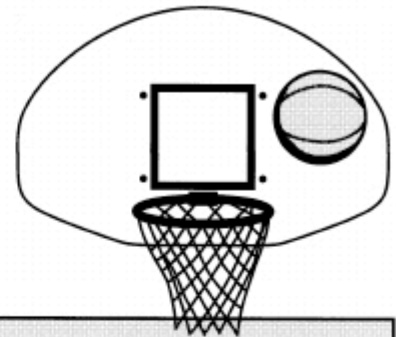
Colorado

Wisconsin

PHYSICAL EDUCATION HOMEWORK

Basketball Test

Name _____



Matching

- | | |
|-------------------|----------------------|
| _____ 1. passing | _____ 9. free throw |
| _____ 2. zone | _____ 10. field goal |
| _____ 3. guard | _____ 11. jump ball |
| _____ 4. forward | _____ 12. rebound |
| _____ 5. pivot | _____ 13. throw in |
| _____ 6. charging | _____ 14. traveling |
| _____ 7. basket | _____ 15. violation |
| _____ 8. dribble | |

- A. Moving the body around one stationary foot
- B. Two (2) points
- C. Ball bounces off the backboard or basket
- D. Bouncing the ball
- E. Moving the ball without dribbling
- F. Ball put into play from out of bounds
- G. Player near basket
- H. One-on-one
- I. Guarding an area
- J. Method of putting the ball into play from out of bounds
- K. Toss the ball in the restraining circle
- L. One (1) point
- M. To score, the ball must go in the ring
- N. Player position at the top of the end restraining circle
- O. Moving with the ball illegally
- P. Player with the ball fouls
- Q. Tie-same score
- R. Four (4) points

There are six bonus words
in the puzzle.
Can you find them?

```

F O U L A C I N H C E T
K N U D T R U O C D T R
E U J N D L E I F O R A
Y S S E R P T S H U E V
V W T E I C E S A B V E
Y I E R V E K E S L N L
P S A C E N S S S E O I
M H L S A T A S I U C N
U K U B K E B O S T J G
J D E E F R P P T S O P
    
```

- | | |
|-----------|------------|
| field | dunk |
| bank shot | post |
| feed | basket |
| technical | foul |
| drive | base |
| jump | traveling |
| assist | steal |
| court | swish |
| press | possession |
| center | double |
| key | convert |
| screen | |

PHYSICAL EDUCATION HOMEWORK



Bowling Test



Name _____ Grade _____

Matching

- _____ 1. frame
- _____ 2. double
- _____ 3. foul
- _____ 4. gutter
- _____ 5. gutter ball
- _____ 6. head pin
- _____ 7. lane
- _____ 8. line
- _____ 9. spare
- _____ 10. strike
- _____ 11. turkey

- A. The number one pin
- B. Two (2) strikes in a row
- C. All the pins knocked down on two (2) rolled balls
- D. To go beyond the line in delivering the ball
- E. Three (3) strikes in a row
- F. The channel along each side of the lane
- G. A ball rolled off the lane and into the gutter along the lane
- H. The area the ball is rolled to hit the pins
- I. The box in which the score is figured (10 for each game)
- J. A complete game
- K. All pins knocked down on one (1) rolled ball (one turn)

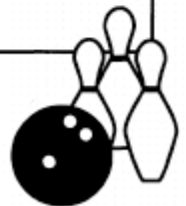
Bowling Form

Approach (circle one)

- | | | |
|--|-----|----|
| 1. Push away on the first step | Yes | No |
| 2. Push away: out and down; elbow straight | Yes | No |
| 3. Backswing straight and in line | Yes | No |
| 4. Backswing to shoulder height | Yes | No |
| 5. Steps smooth and gliding | Yes | No |
| 6. Steps increase in length and speed | Yes | No |
| 7. Slide on left foot | Yes | No |

Release (circle one)

- | | | |
|--|-----|----|
| 1. Shoulders parallel to foul line | Yes | No |
| 2. Shoulders level | Yes | No |
| 3. Upper body inclined forward | Yes | No |
| 4. Left toe points straight ahead | Yes | No |
| 5. Weight balanced over left foot | Yes | No |
| 6. Follow through straight and up to shoulder height | Yes | No |



Physical Education Homework is a supplement to Teaching Elementary Physical Education.

Teachers may reproduce this page for their students.

—This sheet was submitted by Linda Myrick.

May Wellness Homework

Improve your fitness!

Name _____ Teacher _____

Dates _____ **Daily Activities** _____

	Parent	Student	
1	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 crunches or hookline sit-ups
2	<input type="checkbox"/>	<input type="checkbox"/>	Do 50 jumping jacks
3	<input type="checkbox"/>	<input type="checkbox"/>	Read a sports article in a newspaper or book
4	<input type="checkbox"/>	<input type="checkbox"/>	Seal walk around a room for two minutes
5	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 slow, perfect push-ups
6	<input type="checkbox"/>	<input type="checkbox"/>	Help one of your parents do a chore
7	<input type="checkbox"/>	<input type="checkbox"/>	Skip on the sidewalk two long blocks
8	<input type="checkbox"/>	<input type="checkbox"/>	Walk up and down a flight of steps - 10 times (Be careful)
9	<input type="checkbox"/>	<input type="checkbox"/>	Crab walk around a room for two minutes
10	<input type="checkbox"/>	<input type="checkbox"/>	Jump rope for three minutes
11	<input type="checkbox"/>	<input type="checkbox"/>	Do 20 book curls with each arm (biceps)-No Magazines!
12	<input type="checkbox"/>	<input type="checkbox"/>	Take your pet for a LONG walk - or walk with a friend
13	<input type="checkbox"/>	<input type="checkbox"/>	BREAK DAY - Watch a television sporting event
14	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 toe touchers
15	<input type="checkbox"/>	<input type="checkbox"/>	Read a short story about a sport or any exercise
16	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 crunches or hookline sit-ups
17	<input type="checkbox"/>	<input type="checkbox"/>	Do 50 jumping jacks
18	<input type="checkbox"/>	<input type="checkbox"/>	Walk up and down a flight of steps - 10 times (Be careful)
19	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 half squats
20	<input type="checkbox"/>	<input type="checkbox"/>	Help dry the dinner dishes (I do mean dry)
21	<input type="checkbox"/>	<input type="checkbox"/>	Hop, in place, on one foot, for two minutes
22	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 slow, perfect push-ups
23	<input type="checkbox"/>	<input type="checkbox"/>	Read a sports article in a newspaper or book
24	<input type="checkbox"/>	<input type="checkbox"/>	Jump rope for three minutes
25	<input type="checkbox"/>	<input type="checkbox"/>	Help a friend learn a new sport's skill
26	<input type="checkbox"/>	<input type="checkbox"/>	Do 20 book curls with each arm (biceps)-No Magazines!
27	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 crunches or hookline sit-ups
28	<input type="checkbox"/>	<input type="checkbox"/>	Do 25 toe touchers

Students (and parents) receive one point for each daily activity and each extra credit activity.

- Add up all the day's you completed an exercise homework. *Number of days* _____
 - Add up all the day's your parent exercised with you. *Number of days* _____
 - EXTRA CREDIT *Extra Credit* _____
- Now add up the three lines (from above) *Total Points* _____

Monthly Extra Credit

- Help and support an adult to break a bad habit (like smoking), *or*
- Make a New Year's resolution, to learn a new exercise.
- ☛ If you have 25 total points, you have earned a "Fitness Fanatic" certificate.
- ☛ If you and your parent have earned more than 40 points, you two have earned a "Fitness Fanatic" certificate.

I viewed or participated while the wellness homework was fulfilled.

Parent's Signature _____