

Moraine Elementary Fitness Month

For the Fridge...

Get Out and Get Active – Activity Sheet

May 2018						
S	M	T	W	T	F	S
		1	2	3	4	
	7	8	9	10	11	
	14	15	16	17	18	
	21 <i>Team Spirit</i>	22 <i>Dress to Impress</i>	23 <i>Super Hero</i>	24 <i>School Spirit</i>	25 <i>Fun Run</i>	
	28	29	30 <i>(Fun Run Rain Date)</i>	31		

Spirit Week May 21st - May 25th

STUDENTS: Complete 20 minutes of physical activity a day (weekdays only) and you may enter to win a \$20 gift certificate! (one issued per grade) Put a big "X" across the calendar box for the day you complete 20 minutes of activity. Some examples are soccer, walking, tennis, dancing, swimming, jumping rope, etc. Each entry will also be put into a grand prize drawing for a \$50 gift certificate!

PARENTS: Please sign this form verifying completion of activities and return to the office by June 6th.

Student's name: _____

Student's grade: _____

Teacher's name: _____

Parent/Guardian Signature: _____