



# Family Marathon and Fitness Day

Friday April 21, 2017

FWES supports the Healthful Living Essential Standard: *Understand the importance of achieving and maintaining a health-enhancing level of physical fitness*, through our family marathon and fitness day.

This year, in addition to the FWES family marathon we are going to expand to add family fitness by adding one minute of pushups and curl-ups. Then concluding in the classroom with the sit and reach.

## **What is involved?**

Use this link: <http://www.signupgenius.com/go/10c0949adae2d6-family> to register for the event and receive training emails and event updates. Students will record the accumulation of miles up to twenty-five from home and we will have the culminating event on Friday April 21, 2017. Students will run the final 1.2 miles at school with their classroom and parents are invited to attend and run with their child. **Anyone coming to participate with a student must plan to stop in the office and sign in as a visitor.**

Students will also track an accumulation of pushups and curl-ups at the same time as their mileage. The culminating event we will begin with sixty seconds of pushups, followed by sixty seconds of curl-ups and concluding with the final 1.2 miles. Once students are back in their classroom they can end the event measuring their flexibility with the sit and reach test.

In years past we have had a “Family Marathon” to support efforts to improve students’ performance on end of year health-related fitness assessment... Mile Run. It is my feeling based on data collected over the last three years that we have shown continued growth in the number of students who are currently meeting age related standards for the mile run. I feel it is time to add additional items tested (pushups, curl-ups and sit and reach) to support our students achievement of age related standards in ALL areas tested.

To encourage participation we will have a school wide competition:

1. The class with the highest percentage of student participating in family marathon (record sheets turned in).
2. The class with the highest average\* for:
  - a. Pushups
  - b. Curl-Ups

\*Averages will be taken from record sheets turned in

## **Save the dates:**

1. **Monday February 27, 2017** Registration Information Due Date:  
*Complete the registration: <http://www.signupgenius.com/go/10c0949adae2d6-family>  
Students may start recorded data from February 27 through April 20.*
2. **Thursday April 20, 2017** Running, Pushup & Curl-up Logs Due Date:  
*Use the data collection sheets for mileage, pushups & curlups. Log to keep track of the miles students run or walk leading up to 26.2. Students must return their running logs to their classroom teacher in order to show evidence of completing 25 miles prior to the final 1.2. The final celebration is to honor students who have kept their commitment to train and have met their goal. If your child has not completed their training by the date required, they may complete it on their own and come to Mr. Eller any time before the end of the school year.*
3. **Friday April 21, 2017** Final 1.2 mile run and fitness activities at school:  
*Students have from February 27 through April 20 to add up their mileage to 25 miles. That time frame goes for pushups and curl-ups too.*

## **What happens next?**

Once you register, the fun begins. Students will walk or run a few days each week accumulating mileage. Students will also practice and record pushups and curl-ups a few days each week. Routines can be boring but maybe necessary to establish a pattern... first thing upon coming home on Tuesday and Thursdays... pushups, curl-ups and a half a mile. Record data on the sheets provided to help students work towards their goals. Parents, please check progress along the way and sign for each mile, pushup and curl-up your child completes. When students run or walk all 25 miles, they may turn in their running log/pushup and curl-up log to their classroom teacher. Runners and walkers will complete their last 1.2 miles of the marathon distance at school as their classmates and families cheer them on. Pushup and Curl-up data collection sheets must be turned in on Thursday April 20, 2017.

Walking and running are exercises that help keep our children healthy and strong. Pushups, curl-ups and mobility/flexibility activities ensure balance to our children's personal fitness development. Start a life-long habit of exercise by registering for the Farmington Woods Family Marathon and Fitness Day today! Please contact Mr. Eller ([deller@wcpss.net](mailto:deller@wcpss.net))

