

Parent Connection

The subject that we are studying right now is Exercise and how it affects Nutrition and Health.

WALK AND DISCUSS

Discuss: Go on a walk with a family member. While you are on your walk, tell him or her everything you know about exercise and why it is good for you.

Interview

Ask the adults in your family what their favorite activities were when they were kids. Bring pictures to class to discuss the activities they used to do.

Interview Questions

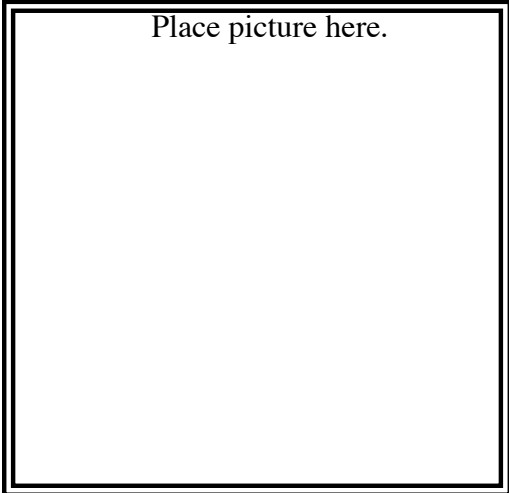
Who is being interviewed?

Favorite high-energy activities?

Name of parent?

Age in picture?

Place picture here.



Collage

Flip through the pages of a health magazine. Cut out pictures of people exercising. Make a collage. Under each picture, write a sentence about what the person is doing.

Keeping Track

With your parent's help, fill in the chart listing how many sit-ups, push-ups, and deep knee bends (squats) you can do in two minutes. Post your results for a period of two weeks. Practice every day and watch how you get stronger and faster. Be sure these activities are OK with your family doctor. You can choose different exercises than these examples.

Exercise	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Totals
Week 1								
Sit-Ups								
Push-Ups								
Squats								
Week 2								
Sit-Ups								
Push-Ups								
Squats								

My Personal "Exercise" Goals

Pick a big goal that's related to exercise. Now make a couple smaller goals that will help you reach your big goal by the end of the school year.

My Family's Goals:
