**Name/Title:** PE Fitness Homework

**Purpose of Event:** The purpose of the activities it to get the students moving outside of school and to teach them about different aspects about healthy living. With these assignments we are also attempting to get the community involved as well.

**Suggested Grade Level:** 6-8

**Materials Needed:** Stopwatch and the following homework assignments.

- Benefits of Flexibility Training
- Fitness Tracker
- Get Off the Couch
- Nutrition
- Obesity
- Plyometrics
- Target Heart Rate
- Types of Cardiovascular Workout

**Description of Idea**

These fitness homeworks are meant for the students to take home and complete. These assignments are designed to ensure the students are exercising outside of school. Each assignment focuses on a different fitness component to improves their overall fitness levels.

This is a homework assignment that gives students a health related topic with questions about that reading. Along with the reading the students must complete a 30 minute workout. If they get a family member to complete the workout with them they get extra credit. This is done to attempt to get the community involved in fitness as well.

Submitted by Kyle Krupa who teaches at Mattawoman Middle School in La Plata, MD. Additional authors for this idea were Tyler Miller and Joe Shelatz. Thanks for contributing to PE Central! **Posted on PEC: 2/15/2012.**

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