

FITNESS HOMEWORK – WHY?

So why are we going to have fitness homework this year? Here are a few reasons:

- 90 min. of physical activity every other day is not enough for a teenager
- To learn how to train to reach our fitness goals
- To reinforce concepts learned in class

Did you know????

1. As many as **300,000 deaths** per year can be attributed to the lack of physical activity.
2. The average child watches **24 hours** of television per week
3. Excess body weight during adolescence may lead to low self esteem and poor social health.
4. Children are more likely to exercise when their parents exercise.
5. Each hour of exercise adds two hours to your life expectancy.

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they **will be collected and graded every time**. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.

Assignment – Physical – 30 min. cardiovascular workout of your choice.

Activity: _____

Parent Signature(Required): _____

I participated with my child: Yes _____ (.5 extra credit) No _____

Assignment – Written

1. Which fitness fact from above stood out to you? And why? (parent or child may answer)

2. What physical activity do you enjoy the most?

Student: _____

Parent: _____

3. Why is a parent signature required for each homework assignment?
