

Physical Fitness Program

2023-2024

Hello CHESSIE Families,

Welcome to the Physical Fitness Program at CHESSIE
for groups 3, 4A, 4B & Life science!
The fitness leader for this program is Lena Travis.

The Physical Fitness Program at CHESSIE is a program that is based on the Presidential Youth Fitness Program and modified to meet the needs of the students at CHESSIE. This program was started to give children an opportunity either before or after their CHESSIE classes to participate in a program that promotes personal health and wellness. This 40 minute weekly program also encourages students to challenge themselves by competing with himself/herself each week with the goal of striving to beat the personal bests that they established earlier in the year. There will also be a reward system incorporated into the program.

The areas each child will be working on will be:

Sit & Reach - encourages the flexibility of the lower back and hamstring muscles.

Push-Ups - encourages upper body strength and endurance

Crunches - encourages abdominal muscular strength and endurance of the abdominals and hip-flexors (important in back support and core stability)

Shuttle Runs - encourages acceleration, maximum running speed and endurance during anaerobic exercise

Standing Long Jump - encourages lower body strength and power

Jump/Speed Rope - encourages coordination and aerobic endurance

Mile Run - encourages endurance during anaerobic exercise

Plank - encourages abdominal muscular strength and endurance

Physical Fitness Schedule

Group 4B: 12:45 – 1:30

Life science: 1:35 – 2:20

Group 3: 2:25 – 3:10

Group 4A: 3:15 – 4:00

Please bring to class:

- A good attitude
- Water bottle
- Sturdy shoes (especially on mile day!)