

Wildcat Fitness Challenge

The students in Mr. Bauer's P. E. classes will be partaking in a new and exciting fitness challenge called the Wildcat Fitness Challenge. Students in grades 1-6 will be challenged in 9 different fitness components throughout the school year (1 each month). The student's goal is to try and reach the Gold level for each fitness challenge. The Gold Levels will be determined by the standards set annually by Project Fit America (www.projectfitamerica.org). This is meant to be a fun and exciting activity to get students engaged and excited about exercise also to challenge them both physically and mentally. It is also designed to encourage fitness and exercise outside the boundaries of the school day and to help promote family participation. Each challenge focuses on a different fitness component, see the list below of the different challenges. If you have any questions please feel free to contact Mr. Bauer (sbauer@homercenter.org).

Grades 3-6 Fitness Challenges

September: *Sit Up Challenge*

January: *Pacer Challenge*

May: *Mile Run*

October: *Tennis Ball Catch*

February: *Jump Rope Challenge*

November: *Wall Sit Challenge*

March: *Wildcat Run Challenge*

December: *Dot Drill Challenge*

April: *Hubba Bubba Hula Hoop Challenge*

Grades 1-2 Fitness Challenges

September: *Sit Up Challenge*

January: *Pacer Challenge*

May: *½ Mile Run*

October: *Ladder Climb Challenge*

February: *Jump Rope Challenge*

November: *Tennis Ball Catch*

March: *Wildcat Run Challenge*

December: *Dot Drill Challenge*

April: *Modified Push Ups*

Fitness Levels:

Wildcat Elite

Gold in 9 of 9 Challenges

Super Cat

Gold in 7 of the 9 Challenges

Big Cat

Gold in 5 of the 9 Challenges

Small Cat

Gold in 3 of the 9 Challenges

Make Ups:

If a student is absent, injured or if they did not achieve Gold on a particular test, there will be a 1 time make-up date for each Fitness Challenge.