

# The 5th Annual



*Students will receive their pledge packets September 23rd*

*The Fit-a-Thon is Thursday, October 10th after lunch*

*All pledges must be turned in by Thursday, October 24th*

*All money must be turned in before prizes are awarded*

The five Fit-a-Thon events are:

- **Ball Dribble:** How many times can you dribble or bounce and catch (for K/1) a ball in 1 minute?
- **Jumping Jacks:** How many can you do in 1 minute?
- **Sit-ups:** How many sit-ups can you do in 1 minute?
- **Jump Rope:** How many jumps can you do in 1 minute?
- **Laps:** How many laps can you run in 15 minutes?

PRIZES!!!

ALL Students who participate in the FIT-A-THON field events will receive a popsicle at the event.

Classrooms that bring in:

\$500-600	Level 1:	Movie and Popcorn in class
\$601-700	Level 2:	Level 1 + Pizza Party
\$701-800	Level 3:	Level 1 + Level 2 + Swim trip to CG Pool
\$801 or more	Level 4:	Level 1 + Level 2 + Level 3 + Championship Trophy + Picture in the Sentinel
<b><i>If the school exceeds last year's total, Mrs. Melendy will visit each classroom with a live snake!</i></b>		

***Top 3***

Money from the FIT-A-THON provides field trips and extra fun activities at London School.

***individual fundraisers earn a special lunch in town with Mrs. Melendy.***