



Steps to a Healthier You

Visit this web site! choosemyplate.gov

Fitnessgram Testing is done for the fall.

Are you in your healthy zone?

Practice, practice, practice!

Tests

Curl ups

sit and reach

PACER test

Push ups

trunk lift

G.Y.M. Bags (Get Yourself Moving) 4th Grade

G.Y.M. Bags are full of activities and good books. Each bag has a theme from sports to reptiles. Check it out for a week and then return it for another bag.

Pedometers are coming !

Students will take turns wearing the pedometers during their P.E. Class. They record their data on a pedometer card. Our goal is to walk the Iditarod. The Iditarod is a dog sled race in Alaska. It is 1112 miles. Our goal as a school is to make it before February 1st. Iditarod dogs are visiting Fullerton School on that day.



STACK IT UP!

STACK IT UP! We will be cup stacking on November 17th. All around the world kids are cup stacking! Our goal is to beat 316,757. Go to www.speedstacks.com.

We are participating in STACK

