



Join the Fall 2020 HRACS Fitness Challenge



Who? Any HRACS Charter student



What? A [7-week schedule](#) to build endurance and fitness

(schedule recommended for grades 5 and up; younger students may adjust run times)



When? October 11-November 26, 2020



Where? Anywhere! Just walk & run :)



Why?

- To have an opportunity to get in shape
- To help with academic focus
- To encourage 5th, 7th, & 9th graders to pass the mile run time



Bonus! Earn a badge for completing all 7 weeks

(with parent signature)

- 1) Follow [the schedule](#) & **run** each week (TK-4th can adjust run times)
- 2) Be sure to have a **parent initial** each week to confirm
- 3) AFTER November 30, **turn in** [this schedule](#), initiated by a parent, to your Advisory Teacher. You may send a picture of the initialed form to your AT.
- 4) AFTER November 30 **and** AFTER submitting the paper form/image, go to the HRCS Fitness Challenge #BadgeUp link and complete the form and click "SUBMIT"

(Click on the "*Become a Badge Ninja*" poster found on our HRCS website under the "Family Resources" tab → "Links/Forms")

Physical Fitness Standards for Running

Kindergarten and Grade 1: *Developmentally appropriate/emerging outcomes first appear in Gr. 2.*

Grade 2: *Runs with a mature pattern. (S1.E2.2a)*

Grade 3: *Travels showing differentiation between sprinting and running. (S1.E2.3)*

Grade 4: *Runs for distance using a mature pattern. (S1.E2.4)*

Grades 5 & Up: *Uses appropriate pacing for a variety of running distances. (S1.E2.5)*