The Tiger Fitness Monthly

Monthly check-ins on what is going on in Chilton Elementary Physical Education classes!

by Dave Rosenau. Published in March 2022

We've marched in March! We are finishing up our basketball skills unit and will have a week of parachute activities! No, not the airplane parachute! After parachute games and activities week third and fourth grade will do their final round of fitness testing to see how much stronger they have become since fall and winter! Kindergarten, first, and second grade will work on body coordination and spatial awareness activities. We are hoping the weather warms up so we can get outside next month!

This month's fitness challenge!

Walk, jog, or run for at least ½ a mile or more once a week!

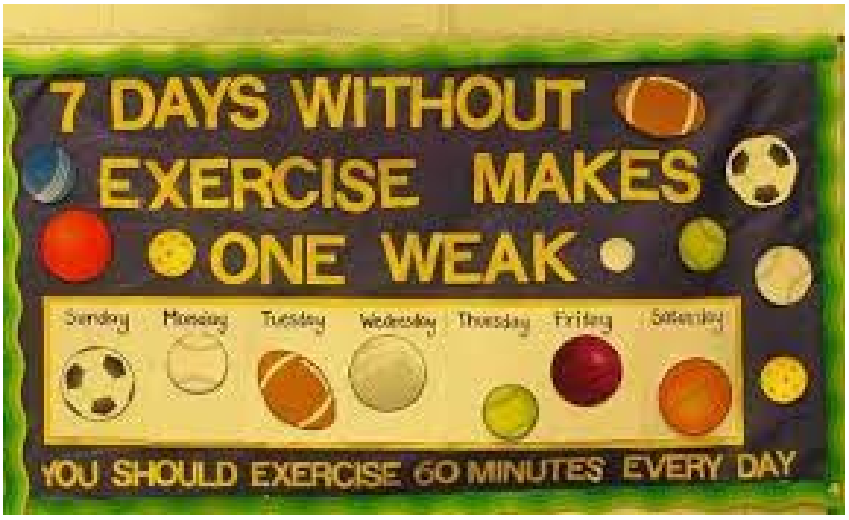
Action Shots From Classes!

Want a good spring cleaning list? Read this article!

By Masha Feb 1, 2022

https://mashaplans.com/bullet-journal-ideas-spring-cleaning/

Want to live a longer, healthier life? Read this article!

By [Monique Tello, MD, MPH](#), Contributor March 25, 2020

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