

**Sample Fitness Program**  
**Ski Utah 4th Grade Program**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<b>Week One</b>	20 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Strength - at least one upper body, one lower body and one core exercise; 1 set x 15 reps	20 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Balance, agility, & coordination exercise; pick from fitness activities and/or use playground equipment	20 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Encourage children to be active for 60 min.
<b>Week Two</b>	20 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Strength - at least one upper body, one lower body and one core exercise; 1 set x 15 reps	20 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Balance, agility, & coordination exercise; pick from fitness activities and/or use playground equipment	20 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Encourage children to try a new sport.
<b>Week Three</b>	25 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Strength - at least one upper body, one lower body and two core exercise; 2 sets x 10-15 reps	25 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Balance, agility & coordination, but change activities	20 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Same as Week One.
<b>Week Four</b>	25 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Strength - at least one upper body, one lower body and two core exercise; 2 sets x 10-15 reps	25 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Balance, agility & coordination, but change activities	25 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Write essay on Mon. about Sat. fitness.
<b>Week Five</b>	30 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Strength - two upper body, two lower body and two core exercises; 2 sets x 10-15 reps	30 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Balance, agility & coordination activities specific to snow sports; see pre-ski & ride	25 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Same as Week Two
<b>Week Six</b>	30 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Strength - two upper body, two lower body and two core exercises; 2 sets x 10-15 reps	30 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Balance, agility & coordination activities specific to snow sports; see pre-ski & ride	30 min. vigorous aerobic activity @ school plus 30 min. moderate activity after school	Same as Week Four.