

Physical Activity Goals: I will be physically active for 60 minutes per day by participating in moderate to vigorous physical activities in each of the categories:

Everyday Activity Goals:

Current Activities:

Possible Activities:

My Plan:

Recreational Activity Goals:

Current Activities:

Possible Activities:

My Plan:

Aerobic Exercise Goals:

Current Activities:

Possible Activities:

My Plan:

Strength and Flexibility Goals:

Current Activities:

Possible Activities:

My Plan:

Leisure and Playtime Goals:

Current Activities:

Possible Activities:

My Plan:

Directions: Complete the schedule to accumulate 60 minutes of physical activity each day. Use the information from My Plan and Possible Activities section of the previous table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What Activities?							
Where?							
Start Time							
End Time							
Total Minutes							

Evaluation of Plan:

1. What was successful about your plan? What helped you achieve your physical activity goals?

2. What was challenging about meeting your physical activity goals or implementing your plan?

3. What would you change about your plan?

Personal Fitness Information

This worksheet is intended to have you think about your strengths and weaknesses, good and bad habits, motivation strategies, barriers, warm-up and cool-down exercises and general activities that you enjoy. When developing your personal fitness plan, use the information on this worksheet.

Your Fitness Assessment Results and Habits

- Review and evaluate your fitness assessment and fill in the chart below.

Health-related component of fitness assessment	Met the Advanced or Proficient level (Yes or No)	Explain how you met the Advanced or Proficient level. If you did not meet the Advanced or Proficient level, explain what can be done to improve.
Aerobic Capacity • 1-mile run/walk		
Muscular strength and endurance • Curl-up, one minute		
Muscular strength and endurance •		
Flexibility • Sit reach		

- After evaluating your fitness assessment and your activity log, use the "SMART" criteria below to set personal fitness goals for yourself.

Specific	What do you want to achieve? How will you achieve it? Why is it important to you?
Measurable	How will you measure your success? Will you use numbers, target dates, specific events?
Achievable	Your goals should push you past your comfort zone, but should still be attainable.
Relevant/Realistic	Your goals should be important to you and the outcome should impact your life in some way.
Timely	Your goals should have a timeline that will help keep you on track for reaching them.

Health-related Physical Fitness component	Goal <i>Example: Score in the Advanced level.</i>
Cardio-respiratory	
Muscular strength and endurance upper body	
Muscular strength and endurance abdominal	
Flexibility	

3. Explain your personal fitness plan. What activities and/or exercises do you plan to do? When do you plan to do them? How often do you plan to do them? How do you plan to use the FITT training principles for each of the components? How will you monitor your physical fitness for improvement or maintenance?

Component	Type (What activity?)	Frequency (Days per week)	Intensity (How hard?)	Time (How long?)
Cardio-respiratory				
Muscle strength				
Muscle endurance				
Flexibility				

4. Develop your personal fitness plan using the activities that you listed in the previous chart. When within your week will you complete your exercise plan?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio-respiratory							
Strength and endurance							
Flexibility							

5. List two things that will help you follow your exercise plan (e.g., rewards, social).

6. List two things that will make following your exercise plan challenging (e.g., rewards, social, environment).

Individual Activity Project

Standard 2 Benchmark B

Name: _____

1. Choose an activity that interests you. Suggested activities include football, volleyball, basketball, tennis, dance, gymnastics, track, swimming, or any other team or individual sport.

MY ACTIVITY: _____

Describe an important skill required for good performance in your activity

A. _____

Explain how you would teach Skill A

Preparation: _____

Execution: _____

Follow Through: _____

2. Describe common mistakes in performing Skill A. Examples of mistakes could include ready position, contact point if a ball is hit, release point for a thrown ball, body alignment in gymnastics or diving, balance or body rotation needed to generate force.

Common Mistakes for Skill A _____

Describe a second skill required for good performance in your activity

B. _____

Explain how you would teach Skill B

Preparation: _____

Execution: _____

Follow Through: _____

Describe common mistakes in performing Skill B. Examples of mistakes would include ready position, contact point if a ball is hit, release point for a thrown ball, body position in gymnastics or diving, balance or body rotation needed to generate force.

Common Mistakes for Skill B _____

C. _____

Explain how you would teach Skill C

Preparation: _____

Execution: _____

Follow Through: _____

Describe common mistakes in performing Skill C. Examples of mistakes would include ready position, contact point if a ball is hit, release point for a thrown ball, body position in gymnastics or diving, balance or body rotation needed to generate force.

Common Mistakes for Skill C _____

In 3-4 sentences, evaluate your performance in this activity.

Discuss the types of practice necessary to improve.