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| **Subject:** | Physical Education |
| **Title:** | Activity Log |
| **Grade:** | PE |

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| **Standards** |  |
| 3 | Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness |

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| **Essential Question** |  |
| How can I meet my fitness goals at home? |

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| **Rationale** |  |
| It is important for students to know a variety of activities that they can do at home in order to meet their fitness goals. |

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| **Tasks** |  |
| Create a fitness plan to improve one area of health-related fitness.1. Assess your muscular strength, muscular endurance, cardiovascular endurance, and flexibility.
2. Determine which area you would like to improve.
3. Develop a 2-week plan to follow that has a warm-up, activities that will improve the area of focus, and a cool down. Keep in mind the overload principle and FITT principle.
4. Follow your plan and record your physical activity.
5. Re-assess your fitness levels and make revisions to your plan after 2-weeks.
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| **Template Example** |  |

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| Exercise | Set | Repetition (Duration) | Intensity | Component of Fitness |
| Mountain Climbers | 4 | 20 Seconds/10 Second Rest | Vigorous | Cardiorespiratory |
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| Assessment of Current Fitness Level | The student clearly defines current fitness level as either "Beginner Participant, "Fairly Regular Participant," or "Frequent Participant", and provides justification for personal definition. | The student clearly defines current fitness level as either "Beginner Participant," "Fairly Regular Participant," or "Frequent Participant," but does not provide justification for personal definition. | The students does not provide a definition or justification of current fitness level provided. |
| Dynamic/Static Stretching | The student uses 5 or more dynamic or static stretches in their daily fitness plan. | The students uses between 1-4 dynamic or static stretches in their daily fitness plan. | The student does not use any dynamic or static stretches in their daily fitness plan. |
| Health Related Components of Fitness | The student specifies the health-related component of physical fitness principle for all of the exercises in the plan. | The student specifies the health-related component of physical fitness principle for most of the exercises in the plan. | The student does not specify the health-related component of physical fitness principle for any of the exercise plan. |
| Overload/F.I.T.T. Principle | All of the exercise plans created include the components of the F.I.T.T. principle and show a natural progression using the Overload Principle. | Most of the exercise plans created include the components of the F.I.T.T. principle and show a natural progression using the Overload Principle. | None of the exercise plans created include the components of the F.I.T.T. principle or does not show a natural progression using the Overload Principle. |
| Plan | The student develops 14 days of physical fitness plans that specify proper warm-up, workout, and cool down activities. | The student develops 7-13 days of physical fitness plans that specify proper warm-up, workout, and cool down activities. | The student develops less than 7 days of physical fitness plans that specify proper warm-up, workout, and cool down activities. |

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| **Rubric** |  |