**Fitness Plan**

NAME: ­­­­­­­­­­­­­­­­­­­ ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PERIOD \_\_\_\_\_\_\_ GRADE \_\_\_\_\_\_\_

**Statement of Inquiry: Choices can affect the development of our health and well-being.**

**MYP OBJECTIVES**

**A. Knowing and Understanding**

* Recalls physical and health education factual, procedural and conceptual knowledge that relates to health and well-being.
* Applies physical and health terminology to communicate understanding with limited success.

**B: Planning for Performance**

* Design and explain a plan for improving our physical health and well-being.

**C: Applying and Performing**

* Demonstrate and apply a range of skills and techniques to improve health outcomes
* Demonstrate and apply a range of fitness movement concepts

**D: Reflecting and Improving Performance**

* Explains and evaluates performance

Answer each Inquiry question in complete sentences:

1. How do choices affect the development of health and well-being? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How does the environment around me affect my eating habits?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How does the environment around me affect the way I work out/exercise?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Are there any possible obstacles that will affect me reaching my fitness goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Define the Five Components of Fitness**

Body Composition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flexibility: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Muscular Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Muscular Endurance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Cardiorespiratory Endurance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weight \_\_\_\_\_\_\_\_\_\_\_ Height \_\_\_\_\_\_\_\_\_\_\_ BMI \_\_\_\_\_\_\_\_\_\_\_ AGE \_\_\_\_\_\_\_\_\_\_\_

Fitnessgram Test Standards and Record Sheet

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Test | PRETEST SCORE | POST SCORE | HEALTHY ZONE | RESULTS: OK/NI/HP |
| MILE |  |  |  |  |
| PACER |  |  |  |  |
| BMI |  |  |  |  |
| CURL-UP |  |  |  |  |
| PUSH-UP |  |  |  |  |
| RIGHT SHOULDER |  |  |  |  |
| LEFT SHOULDER |  |  |  |  |

\*NI: NEEDS IMPROVEMENT OK: IN THE HEALTHY FITNESS ZONE HP: HIGH PERFORMANCE (exceeds limit)

**Boys Healthy Zone Charts**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **AGE** | **Mile** | **PACER** | **CURL-UP** | **PUSH-UP** | **TRUNK LIFT** |
| **11** | **8:30—11:00** | **23-72** | **15-28** | **8-20** | **9-12** |
| **12** | **8:00-10:30** | **32-72** | **18-36** | **10-20** | **9-12** |
| **13** | **7:30-10:00** | **41-83** | **21-40** | **12-25** | **9-12** |
| **14** | **7:00-9:30** | **41-83** | **24-45** | **14-30** | **9-12** |
| **15** | **7:00-9:00** | **51-94** | **24-47** | **16-35** | **9-12** |

**Girls Healthy Zone Charts**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **AGE** | **Mile** | **PACER** | **CURL-UP** | **PUSH-UP** | **TRUNK LIFT** |
| **11** | **9:00-12:00** | **15-41** | **15-29** | **7-15** | **9-12** |
| **12** | **9:00-12:00** | **15-41** | **18-32** | **7-15** | **9-12** |
| **13** | **9:00-11:30** | **23-51** | **18-32** | **7-15** | **9-12** |
| **14** | **8:30-11:00** | **23-51** | **18-32** | **7-15** | **9-12** |
| **15** | **8:00-10;30** | **32-51** | **18-35** | **7-15** | **9-12** |

How many areas can you improve in, if any? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Which fitnessgram test do you plan to improve? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which health related component(s) of fitness is represented by this exercise?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Follow these guidelines to setting SMART goals and The F.I.T.T. Principle to create your plan:**

1. **Specific.** Your goal should be clear and easy to understand.
   * A common goal, “get healthy,” is too general. There are so many ways to get healthy. Is it losing weight? Increasing curl ups or pacers? Fitnessgram can be a baseline for what you need to improve.
2. **Measurable.** A goal to “lose weight” is not enough. How will you track your progress and how you will know when you have reached your goal? Making your goal measurable means adding a number. How will you measure your intensity?
3. **Attainable.** Before you can add a number, you must know how high or low you want to go. It’s good to ‘shoot for the stars’, but don’t be too extreme. Only you know your limits.
   * A measurable, attainable goal could be, “I will lose 1-2 pounds a week.”
4. **Relevant.** Set goals that are important to where you are in your life right now. Don’t set a goal that someone else is pressuring you to attain-that isn’t very motivating. Does it seem relevant to you?
5. **Time-bound.** Include an end-point. Knowing that you have a deadline motivates you to get started.

1: What is your SMART fitness goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2: Which Component of Fitness will you focus on? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3: What muscles will you focus on? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*\*\*\*Examples

1. Example: I plan to improve my pacer test by 10 pacers. My fitness goal is to lose 10-15 pounds in one month.
2. I will improve my cardiorespiratory endurance and body composition.
3. Muscles: quadriceps, hamstrings, gluteus and calves, obliques**,** abdominals, biceps, and triceps, leading to increased overall strength and endurance.

**Define the F.I.T.T. Principle**

Frequency: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Intensity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Type: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Answer the following two questions**

What exercises will you work on over the next month to improve your scores? Which component of fitness does each exercise work on? One exercise could be more than one component?

1.

2.

3.

4.

5.

6.

Create a F.I.T.T. PLAN FOR ONE WEEK FOR ONE AREA YOU WILL IMPROVE

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| F:  I:  T:  T: | F:  I:  T:  T: | F:  I:  T:  T: | F:  I:  T:  T: | F:  I:  T:  T: | F:  I:  T:  T: | F:  I:  T:  T: |

**Reflection**

1. What went well? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What adjustments would you make to your plan for next time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Were there any obstacles that slowed down your progress? What were they?

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