**Fitness Plan**

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

**Statement of Inquiry:** ﻿**Development** and **refinement** improves our **health and wellbeing**.

**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.

**B: Planning for Performance**

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

How many Fitnessgram test do you need to improve? Circle the response.

0 1 2 3 4 5

Which fitnessgram test(s) do you plan to improve? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which health related component(s) of fitness is represented by this exercise? Which muscles would you like to see improved?

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**Follow these guidelines to setting SMART goals**

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. Increasing a specific component of fitness is what your baseline goal will be.
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 of where you are at and where you are trying to get to.** For example, I can do 5 pull ups and my goal is be able to complete 10 pull ups.
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.
4. **Relevant.** Set goals that are important to where you are in your life right now. Don’t set a goal that someone else has or think you should attain. Does it seem relevant to you?
5. **Time-bound.** Include an end-point. Knowing that you have a deadline motivates you to get started. Your time for this specific assignment will **December 10.**

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

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

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

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

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

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

**Define Principles of Fitness:**

**Specificity:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Overload:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Progression:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Using the F.I.T.T. Principle, Principles of Fitness, and Skill Related Components of Fitness, explain how you plan to improve the 5 components of Fitness.**

How do you plan to improve your cardiovascular endurance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How do you plan to improve your muscular endurance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How do you plan to improve your muscular strength? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How do you plan to improve your flexibility? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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How can you improve your overall body composition? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Skill Related Components of Fitness**

**Speed**

Speed is defined as the ability to move a body part quickly. Speed is not always about how quickly you can move your whole body from A to B. It also relates to body parts. For example, when playing golf, the speed of your arms and upper body in creating the swing.

**Agility**

Being agile is all about being able to change your direction and the speed at which you are travelling, quickly and efficiently. Example sports such as football, soccer, and basketball.

**Balance**

Balance is the ability to maintain equilibrium whilst stationary or moving. Balance whilst moving is often called dynamic balance. Balance is important in all kinds of sporting situations. Balance is linked to agility, as in order to quickly and efficiently change direction you must be balanced.

**Reaction Time**

Reaction time is how quickly your brain can respond to a stimulus and initiate a response.

An example is catching a ball that is coming toward you.

**Coordination**

Coordination is the ability to use the body parts and senses together to produce smooth efficient movements. We have all seen someone who is uncoordinated, their movement looks awkward and shaky.

**Power**

Power is the product of strength and speed. When we perform a task as quickly and as forcefully as we can, the result is powerful. For example, a sprint start, a shot-put or javelin throw or long-jump.

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| **SPORT CONNECTION** | **SPEED**  | **COORDINATION** | **POWER** | **REACTION TIME** | **BALANCE** | **AGILITY** |
| ARCHERY |  |  |  |  |  |  |
| FOOTBALL |  |  |  |  |  |  |
| WIFFLE BALL |  |  |  |  |  |  |
| PACERS |  |  |  |  |  |  |
| DANCE |  |  |  |  |  |  |
| MATBALL |  |  |  |  |  |  |
| DODGEBALL |  |  |  |  |  |  |
| BASKETBALL |  |  |  |  |  |  |
| VOLLEYBALL |  |  |  |  |  |  |
| PING PONG |  |  |  |  |  |  |