

Unit #1 Coach: _____

Total Points _____

Name _____ Period _____

Physical Fitness

Instructions: This unit paper will keep track of your assignments and will be turned in with all your packet work, stapled together. The teacher will grade your work and record your work on this paper. You will mark completed in the box when you have completed the assignment and keep all assignments together. The teacher will record your scores in the box with each assignment. It is your job to make sure your answers are correct by checking your answers on the website.

Completed

Points

Physical Fitness:

1 **Read:** the Physical Fitness information sheet found on the website.

2 **Answer Questions:** Physical Fitness Pre-Assessment. Correct your answers. Answers are on the website. Questions are found on the website or in the packet you were given.

3 **View:** Physical Fitness Power Point.

4 **View:** Film clip on the 5 components of fitness found on the website or shown in class.

5 **Answer Questions:** Good Health Review Physical Fitness questions found at the end of the power point or in your packet.

Cardiovascular Fitness:

1 **Read:** Cardiovascular Fitness information, found on the website.

2 **Answer Questions:** Cardiovascular Fitness Pre-Assessment found in your packet or on the website. Correct your answers. (found on website)

3 **View:** Cardiovascular Fitness Power Point on the website or in class.

4 **Answer Questions:** Good Health Review Cardiovascular Fitness questions at the end of the cardiovascular power point.

5 **View:** The film clip on how to run properly and answer the questions.

Muscular Strength/ Muscular Endurance:

1 **Read:** Muscular Strength/Muscular Endurance information found on the website

2 **Answer Questions:** Muscular Strength/Muscular Endurance Pre-Assessment questions found in your packet or on the website. Correct your answers. (found on website)

3 **View:** Muscular Strength/Muscular Endurance power point on the website or in class.

4 **View:** Film clips on the website or in class on how to do a push up and 10 variations of push ups.

5 **Answer Questions:** Good Health Review Muscular Strength/Muscular Endurance at the end of the power point.

Flexibility, Warm up/Cool Down

1 **Read:** Flexibility, Warm up/Cool Down information found on the website.

2 **Answer Questions:** Flexibility, Warm up/Cool Down Pre-Assessment questions found in your packet or on the website. Correct your answers. (on the website)

3 **View:** Flexibility, Warm up/Cool Down power point on the website or in class.

4 **View:** Film clips on warm up activities.

5 **Answer Questions:** Good Health Review Flexibility, Warm up/Cool Down at the end of the power point.

Final Exam to be taken in class.

Total Points: