

Physical Best Assessment for Standard 6

Aerobic Benefits Hunt (MS)

From the following list of activities you performed in Aerobic Benefits Hunt, place a ✓ by the ones that are likely to be continued as you grow older. For the ones not checked write under it an activity that you think you would want to continue with as you grow older. If you can think of two (2) additional aerobic activities that can be continued as you grow older, write them in the blank boxes.

<input type="checkbox"/> dribble a soccer ball	<input type="checkbox"/> step up and down on an aerobic step or step bench.
<input type="checkbox"/> jump rope	<input type="checkbox"/> dribble a basketball.
<input type="checkbox"/> power walk or jog	

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Imposter or Not??? (MS)

In the boxes below develop an exercise plan that you would agree to use for 3 days that includes a focus on muscular strength and muscular endurance. Components for flexibility and aerobic fitness should also be included. You should use the activities you participated in today to get started. You want different activities each day, but all components addressed each day. You can use the activities from class in your plan.

Monday	Wednesday	Friday
Muscular strength	Muscular strength	Muscular strength
Muscular endurance	Muscular endurance	Muscular endurance
Aerobic fitness	Aerobic fitness	Aerobic fitness
Flexibility	Flexibility	Flexibility

I _____ agree to follow the plan above for 3 days beginning _____
and lasting until _____.

Student signature

Date

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Continuous Relay (HS)

Plan a progression of activities that you can use to help yourself or someone else achieve the follow aerobic guidelines.

Gradually raising maximal heart rate 60% over an 8-10 minute period.

Maintain 60% of maximal heart rate for at least 20 minutes.

Gradual decrease heart rate returning to resting heart rate. 8-10 min.

Place activities in the boxes below that could meet the above conditions appropriately and could be used for an appropriate exercise session. Be sure to have a selection of activities participants may choose from to meet the criteria.

Gradually raise HR to 60% (8-10 min)	Maintain 60% of HR (20 min)	Gradually return to resting heart rate (8-10)

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Combined Component Training (HS)

Using the activities provided below create a 4 week fitness plan, 3 days per week (EOD) that includes these activities. Activities from each group must be included each day. No activity can be used more than 2 days in a row and no more than two days in the 4 week plan.

Activity Group #1	Activity Group #2	Activity Group #3
basketball jump rope line dance step aerobics jog	quadriceps stretch calf stretch chest stretch lat stretch hamstring stretch	push ups curl-ups exercise band seated row lunges step-ups

4 Week Fitness Plan

Week 1 Day 1	Day 2	Day 3