

# Grade 3-day FITNESS PLAN

+10%

2016

Due date 12-9

Name [Redacted]

Example

+ 10% if turned in by 12-2

Teacher Ms. Bus Per. 3

- 10% if turned in after due date

**CARDIORESPIRATORY ENDURANCE (Aerobic)** - Exercise that requires the heart, lungs, and blood vessels to supply the body with oxygen. Activities should be done for at least 20 minutes while staying within the target heart range (160-185BPM).

Examples: Jogging      Bicycling      Lap swimming      Continuous jump roping  
 Rowing      Running      Roller blading      Fast walking

## MY GOAL IS... S.M.A.R.T.

**Specific** - One hour per day of moderate (level 3) to vigorous (level 4) activity for three days. Each activity may be broken into multiple sessions as long as they are 20 minutes or longer in length. PE would only count if the daily activity fits the descriptions above for aerobic activity.

**Measurable** - How will you know when you met your goal?

I will know that I met my goal when 60 minutes of cardiorespiratory endurance activities are logged into my journal each day.

**Aggressive** - What extra things are you going to do to make this goal come true?

I will complete all the cardiorespiratory endurance activities at a level 3, 4 or 5. Also, I'll make sure I'm in the target heart rate zone (160-185 BPM).

**Relevant** - How are you able and willing to meet this goal? How will you benefit from this goal?

I am very willing to meet this goal, because it will benefit me with a longer & healthier life style, when I maintain the amount of activity I do.

**Time sensitive** - The date I will accomplish the goal:

I will accomplish my goal by December 2nd, which is one week earlier than the due date.

**PLAN:** Describe a plan to achieve the goal in the area of cardiorespiratory endurance.

As an example: Frequency - Mon, Tues, Wed; Intensity - Level 3; Time - 40 minutes and 20 minutes; Type - Basketball (40 min) and Treadmill (20 min)

**Frequency** - List the days you will be doing each activity during the week.

\*elliptical on Monday\* Jazz class & P.E. activities on Tuesday \*treadmill on Wednesday

**Intensity** - Identify the intensity level for each activity.

elliptical - 3 PE - 4 Jazz - 4 treadmill - 4 My heart rate should be a range from 160-185 BPM.

**Time** - Provide the number of minutes for each activity.

Each day I will exercise for 60 minutes. For the days I go on the elliptical & treadmill, I will divide the hour into 2 30 minute periods. On Tuesday, I'll count 40 min. of my jazz class, added to 20 min. of running.

**Type** - Describe/name each activity.

I will exercise on the elliptical for 1 hour on Mon. & 1 hour on the treadmill on Wednesday. On Tuesday, I'll spend 40 min. at jazz class, do @ P.E. (Specifically, at jazz you condition for 10 minutes straight, high knees, jumping jks - etc., & run a routine continuously with no break) added to 20 min. of running.

# Cardiorespiratory Endurance Log

Name

Alyssa Quach

FREQUENCY Day # and Date	INTENSITY Level 3/4 or HR	TIME ≥ 20 minutes	TYPE Component - Activity
Day 1 <u>11/23</u>	<u>HR 175</u> <u>Level 3</u>	<u>30 minutes</u> <u>45 minutes</u>	<u>On the elliptical machine at the YMCA</u> <u>One on one basketball</u>
<b>EXAMPLE</b>			

FREQUENCY Day # and Date	INTENSITY Level 3/4 or HR	TIME ≥ 20 minutes	TYPE Component - Activity
Day 1 <u>Monday</u> <u>Nov. 28</u>	<u>Level 3</u> <u>HR 172</u>	<u>30 min.</u> <u>30 min.</u>	<u>60 min. (2-30min. periods) of exercise on the elliptical</u> <u>in my house. 30 min. in the afternoon, 4:00-4:30, &amp; 30</u> <u>min. at night 7:00-7:30.</u>
Day 2 <u>Tuesday</u> <u>Nov. 29</u>	<u>Level 4</u> <u>HR 180</u>	<u>40 min.</u> <u>20 min.</u>	<u>60 min. of Jazz class, &amp; PE. 20 min. for the mile &amp;</u> <u>the running w/ exercise. 40 min. for the conditioning</u> <u>I did @ Jazz, (high knees, jumping jacks, sprints in place) added to</u> <u>the routine we ran non-stop.</u>
Day 3 <u>Wednesday</u> <u>Nov. 30</u>	<u>Level 4</u> <u>HR 178</u>	<u>30 min.</u> <u>30 min.</u>	<u>60 min. on the treadmill. 30 minutes for the first half, &amp;</u> <u>30 for the second. Specifically, 5:30-6:00, &amp; 8:00-8:30.</u>
<b>TOTAL TIME</b>		<b>180 min.</b>	

Parent evaluation of completed activities: Alyssa did a wonderful job at her fitness plan and at a rate appropriate  
for her. She really committed to her goal of 60 minutes a night of exercise. With her busy homework  
Schedule and dance classes it was very hard on these nights to add extra time  
to her to her loads. But she knew the importance of her Parent Signature. She was just  
goal and try to keep as fit as she can, be healthy & happy. I'm  
Alison, a L&L + a parent commitment,

**REFLECTION:** In paragraph form, provide evidence that supports each topic.

One of the paragraphs must include whether or not you met your goal.

- ① Describe the successes and enjoyable aspects of pursuing your goal. How did it feel?

My 3 day goal was successful & very enjoyable. Usually when I exercise, I don't have anything to motivate me, & it gets pretty boring. However, during this fitness plan since I chose on Wednesday to use a treadmill, it was much more enjoyable than just going to dance. Though it was extremely tiring, I knew the outcome would make me feel very proud. Furthermore, the fact that I watched T.V. while I went on the treadmill, it  
→ continue on next page

- ② Describe the obstacles and/or challenges of trying to meet your goal.

The largest obstacle of trying to meet my goal, was maintaining an hour of exercise every day. Normally, as a student at Gateway, you always have homework to do. In my world, I have a range from 1 to 4 hours of dance every day. Balancing homework, dance, and extra exercise at an intensity level of 3-5, an hour each day for 3 days in a row, seems exceedingly difficult. All of the time you have to put aside for each task, seemed exceedingly difficult, though I managed to complete it all.

In a dream world, what indoor/winter cardiorespiratory activity could you see yourself doing as an adult?

In a dream world, I could see myself running & jogging on a treadmill. This would substitute a sport I've always wanted to try, skiing.

## Reflection continued

① raised my intensity level, & my heart rate. For example, when a commercial came on, I would jog faster, because, I wouldn't care to hear it. Doing this also made the activity more enjoyable, since I was allowed to watch T.V. This goal was very successful, and I'm proud of what I've accomplished.