

# 7<sup>th</sup> Grade 5-day FITNESS PLAN

Due date \_\_\_\_\_

Name \_\_\_\_\_

+ 10% if turned in by \_\_\_\_\_

Teacher \_\_\_\_\_ Per. \_\_\_\_

- 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 five 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?

---



---

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

---



---

**Relevant** – How will you benefit from this goal?

---



---

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

---

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

FREQUENCY Day # and Date	INTENSITY Level 3/4 or Heart Rate	TIME ≥ 20 minutes	TYPE Aerobic Activity (see list above)
Day 1 - Nov 25	Level 3 (HR = 165)	35 minutes	2 versus 2 Basketball
Day 1 - Nov 25	HR = 185 bpm	25 minutes	Running on a Treadmill
Day 2 - Nov 27	Level 4	20 minutes	Rowing machine
Day 2 - Nov 27	HR = 160 bpm	40 minutes	Bicycling 7 miles (approximately)

FREQUENCY Day # and Date	INTENSITY Level 3/4 or Heart Rate	TIME ≥ 20 minutes	TYPE Aerobic Activity (see list above)

# Cardiorespiratory Endurance Log

Name \_\_\_\_\_

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

EXAMPLE

FREQUENCY Day # and Date	INTENSITY Level 3/4 or HR	TIME ≥ 20 minutes	TYPE Component - Activity
<b>TOTAL TIME</b>			

Parent evaluation of completed activities: \_\_\_\_\_

\_\_\_\_\_

Parent Signature: \_\_\_\_\_

**REFLECTION:** *In paragraph form, provide evidence that supports each topic. Paragraphs include 8-10 sentences. One of the paragraphs must include whether or not you met your goal.*

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

---

---

---

---

---

---

---

---

---

---

---

---

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

---

---

---

---

---

---

---

---

---

---

---

---

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

# 7<sup>th</sup> grade Journal Rubric

Working together with your parent, **circle or highlight** the part of the rubric that best represents the work done in each category.

Student Name \_\_\_\_\_

Period \_\_\_\_\_

CATEGORY	Exceeds Standard (4PTS)	Meets Standard (3PTS)	Approaching Standard (2PTS)	Below Standard (1PT)	Score
<b>SMART Goals</b>	All parts filled in completely and correctly	May be missing one part or it was incorrectly filled in.	May be missing two or three parts or were incorrectly filled in.	May be missing four or more parts or were incorrectly filled in.	
<b>Plan</b>	All parts filled in completely and correctly	May be missing one part or it was incorrectly filled in.	May be missing two parts or were incorrectly filled in.	May be missing three or more parts or were incorrectly filled in.	
<b>Completeness of Log</b>	Correct and complete information	May be missing one aspect of FITT	May be missing two aspects of FITT	Missing more than two aspects of FITT	
<b>Fitness component and Intensity Level</b>	Exercise is aerobic and maintains an intensity level of 3 or more	Most of the exercise is aerobic and maintains an intensity level of 3 or more	Some of the exercise is aerobic or maintains an intensity level below 3	Very little of the exercise is aerobic or maintains an intensity level below 3	
<b>Time</b>	Every day has 60 minutes or more of activity	One or two days are less than 60 minutes. All five days are more than 40 minutes.	Three days are less than 60 minutes. All five days are more than 30 minutes.	More than three days are less than 60 minutes. All five days are more than 30 minutes.	
<b>Reflection</b>	Paragraphs answer questions in grammatically complete sentences with supporting details and explanations.	Paragraphs answer questions in complete sentences with one supporting detail and explanation. Few spelling/grammatical errors.	Paragraphs briefly answer questions without detail or explanation. Some spelling/grammatical errors.	Paragraphs are off topic or without details and explanations. Incomplete sentences and many grammatical errors.	
<b>Parent Involvement</b>	Parent wrote an evaluation and signed the log sheet. Parent helped fill out the rubric.	Parent signature missing on the log sheet. Parent helped fill out the rubric.	Parent evaluation missing on the log sheet. Student filled out the rubric.	Parents did not evaluate or sign the log sheet. Student filled in rubric.	
<b>Overall Neatness</b>	All writing is neat and readable. Papers look new. Includes name twice, teacher, period, and due date. Papers are stapled together in the correct order.	Writing is mostly neat and readable. Papers may be folded. May be missing name, teacher, period, or due date. Papers are stapled together in the correct order.	Writing is somewhat neat and readable. Many folds. Missing a few names, teacher, period, or due date. Papers are paper clipped together in the correct order or stapled out of order.	Writing is messy and difficult to read. Papers may be torn or stained. Missing many names, teacher, period, or due date. Papers are loose.	
<input type="checkbox"/> Early submission +3 points <input type="checkbox"/> Late -3 points					
<b>TOTAL POINTS</b>					