

**South Kitsap Fitness Plan**

PE Teacher Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name**: Liam Pratt**  
Date: 06/04/2018

Period: 2

Complete the Fitness Chart below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Fitness Test** | **What Fitness component does this fitness test measure?** | **My Numbers** | **My Goal** | **Are you below, do you meet, or exceed standards?** | **Do you need to improve or maintain this fitness component?** |
| 20m PACER | Cardiorespiratory Endurance | My # | My Goal | Select Standard Level | Improve or Maintain |
| SIT & REACH | Flexibility | L=14, R=19 | 20 Overall | Meet | Maintain |
| CURL-UPS | Muscular Endurance | 60 | 80 | Exceed | Maintain |
| PUSH-UPS | Muscular Strength | 25 | 30 | Meet | Maintain |
| BODY MASS INDEX | Body Composition | 20.2 | 20? | Meet | Maintain |
| 12-MINUTE SWIM | Muscular Endurance | 22 | 25 | Meet | Maintain |

Select **TWO** Fitness Components out of **Muscular Strength, Muscular Endurance and Cardiorespiratory Endurance** you want to target. (*FLEXIBILITY AND BODY COMPOSITON* ***ARE NOT OPTIONS*** *FOR YOU TO USE ON THIS FITNESS PLAN*).

1) List **two** exercises for each Fitness Component you have selected  
2) Then complete the rest of the plan using the “**FITT**” Principle.  
  
**MUSCULAR STRENGTH**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercise/Activity** | **Frequency** | **Intensity** | **Time** | **Type** |
| Enter Activity | Select Frequency | Select Intensity | Select | Select Type |
| Enter Activity | Select Frequency | Select Intensity | Select | Select Type |

**MUSCULAR ENDURANCE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercise/Activity** | **Frequency** | **Intensity** | **Time** | **Type** |
| Enter Activity | Select Frequency | Select Intensity | Select | Select Type |
| Enter Activity | Select Frequency | Select Intensity | Select | Select Type |

**CARDIORESPIRATORY ENDURANCE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercise/Activity** | **Frequency** | **Intensity** | **Time** | **Type** |
| Enter Activity | Select Frequency | Select Intensity | Select | Select Type |
| Enter Activity | Select Frequency | Select Intensity | Select | Select Type |

**BELOW ARE THE LAST TWO FITNESS COMPONENTS. PLEASE REVIEW FOR GENERAL KNOWLEDGE BUT DO NOT USE FOR YOUR WEEKLY CALENDAR. YOUR FITNESS PLAN WILL BE RETURNED TO YOU IF THESE COMPONENTS ARE CHANGED.**

**FLEXIBILITY – NOT AN OPTION for editing and putting in Fitness Plan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercise/Activity** | **Frequency** | **Intensity** | **Time** | **Type** |
| Static or Dynamic Stretches | 5-7 times a week | Light to Moderate Burn. Strain but no pain | 15-30 seconds per stretch | Static or Dynamic Stretches |

**BODY COMPOSITION- NOT AN OPTION for editing and putting in Fitness Plan**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Exercise/Activity** | **Frequency** | **Intensity** | **Time** | **Type** |
| Cardio Workout | 5-7 times per week | 65-85% MHR | 30-60 minutes per session | Aerobic Activity |

**Using the exercises you listed above**, fill in the one-week workout calendar below and include the duration you will be doing each exercise/activity.  
  
**WORKOUT CALENDAR**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Duration** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **10 MINUTES** | **DYNAMIC STRETCH** | **DYNAMIC STRETCH** | **DYNAMIC STRETCH** | **DYNAMIC STRETCH** | **DYNAMIC STRETCH** | **DYNAMIC STRETCH** | **DYNAMIC STRETCH** |
| Enter Duration | Enter Text | Enter Text | Enter Text | Enter Text | Enter Text | Enter Text | Enter Text |
| Enter Duration | Enter Text | Enter Text | Enter Text | Enter Text | Enter Text | Enter Text | Enter Text |
| **10 MINUTES** | **STATIC STRETCH** | **STATIC STRETCH** | **STATIC STRETCH** | **STATIC STRETCH** | **STATIC STRETCH** | **STATIC STRETCH** | **STATIC STRETCH** |

Using complete sentences, what are two fitness goals you need to work on based on your fitness testing?   
1) Enter Goal 1  
2) Enter Goal 2

Barriers: What are **four** things that might prevent you from successfully carrying out this fitness plan?   
1) Enter Barrier 1  
2) Enter Barrier 2  
3) Enter Barrier 3  
4) Enter Barrier 4

What motivates you to work on your fitness? (Check your top two)  
  Have more energy  Keep my heart healthy  Reduce stress  Improve my overall health  Manage my weight  Enter text

**FITNESS COMPONENT STANDARDS**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **AGE** | **20M PACER** | | **PUSH-Ups**  **With Cadence** | | **CURL-Ups**  **With Cadence** | | **Back Saver**  **SIT & REACH** | | **BODY MASS INDEX** | | **12-MINUTE SWIM** |
| **Male** | **Female** | **Male** | **Female** | **Male** | **Female** | **Male** | **Female** | **Male** | **Female** | **Male or Female** |
| **14** | 41-83 | 23-51 | 14-30 | 7-15 | 24-45 | 18-32 | 8 | 10 | 15.6-24.5 | 15.4-25 | 22 |
| **15** | 51-94 | 32-51 | 16-35 | 7-15 | 24-47 | 18-35 | 8 | 12 | 16.2-25 | 16-25 | 22 |
| **16** | 61-94 | 32-61 | 18-35 | 7-15 | 24-47 | 18-35 | 8 | 12 | 16.6-26.5 | 16.4-25 | 22 |
| **17** | 61-106 | 41-61 | 18-35 | 7-15 | 24-47 | 18-35 | 8 | 12 | 17.3-27 | 16.8-26 | 22 |
| **17+** | 72-106 | 41-72 | 18-35 | 7-15 | 24-47 | 18-35 | 8 | 12 | 17.8-27.8 | 17.2-27.3 | 22 |