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Period 4

STEM Foundations

Reflection #1 Draft#5

Martin Luther King Jr., got colored people equal rights that are equal to white people, once said,” If you can’t fly, then run, If you can’t run, then walk, If you can’t walk, then crawl, But whatever you do, You have to keep moving forward.” In this endeavor I used persistence when I felt like giving up but didn’t, I kept moving forward like Martin Luther King Jr. did. He tried and tried to get a non-segregated future where black and white people would be treated equally and get the same rights, and he was successful by preserving like I did too. This Year I have improved in the quality of persistence, which has helped me become more skilled in cardiovascular endurance.

In one of my tasks I have grown in persistence, which has helped me become better at cardiovascular endurance. Cardiovascular endurance is jogging, walking, and skipping, it’s basically stamina. For this task we started off continuously jogging for gym. As it got later in the year the time we had to continuously jog increased by half a minute every two weeks, which made it get harder and harder till it reached the point where I was like “HOW?!?” or “How can you go any longer?!?”This was because I’m not someone who’s good at continuously working out. So this is where persistence comes in, when you feel like giving up and feel as though it’s impossible but keep going. When I got to three minutes for the continuous jog I’m like “HOW?!?” Because I felt I reached my limit, though right now we are on five minutes and counting and I STILL have not reached my limit. But through persistence I have made it through five and a half minutes of continuously jogging. The time is continuously increasing by 30 seconds every 2 weeks. Yes, it took time, effort, and practice but I made it! A helpful tip that helped me make it was controlled breathing. Controlled Breathing was while you were jogging you would breathe in through your nose hold it for a few seconds and then exhale it through your mouth. This is supposed to help you keep oxygen in you so you don’t collapse from lack of oxygen. This helped a lot as the times of continuously jogging got longer. After Jogging we would do exercises or games. To keep track of our data we had Fitness charts. In the fitness charts we‘d keep the date played, RPE, and heartrate throughout the activity. RPE is a scale to rate ratio for how hard you worked. For example: 1 would be like, “oh my god, I could do this in my sleep”, and 10 would be like “HOW CAN YOU DO THIS?!? IT’S SOO HARD!” RPE stands for Rate of Perceived Exertion. As you can see from the beginning of the Fitness chart, we did a walk/jog, the walk/jog dated as 10/7/16 was really hard because I personally am not super active, and so I had a harder start. But as time passes we can see a slight difference in the newer chart, the walk/jog dated as 2/23/17, and the numbers for RPE goes down a bit and the heart rate becomes more of a regular number. But after Christmas break the activities gets harder, because Mrs. Curran increased the complexity of the game, so as we get better at cardiovascular endurance we don’t stop getting a work out.

Since I have grown at the quality persistence, I have improved to become better at cardiovascular endurance. In this portfolio you can see how I felt like giving up but instead I practiced with time and effort to become better at cardiovascular endurance. It is important I improved in this quality because this has helped me understand that if you do something enough and push yourself, you can do it no matter how hard it may be.