

Fitness Portfolio Assignment - ISU

My commitment to improve my overall health and fitness includes the following components:

1. Statement of health related fitness goals. (3 S.M.A.R.T. Goals)

Complete the handout.

2. A 10 week plan that ends on May 13, 2011 which outlines your intended activities for the coming weeks. You will be reassessed on May 18, 19, 20. This plan should show evidence of the FITT principles and the principles of specificity, overload and progression at work. You should make 2 copies, one for your records and one for your teacher to assess. This plan should also show a variety of activities used to meet each goal. (Do Not use sit ups and push ups every week to work on muscular strength and endurance - research a variety of exercises you could use.) You will track your workouts using **Assessing my Fitness Goals, Activity Journal Questions and chart.**

3. Explanations of the various workouts you will be doing. This may include pictures of exercises but should be personalized for you in terms of time, reps, sets, weight used, etc.

4. A reflection journal (approx. 1-2 pages) - This journal is your reflection on the months activities and challenges. Complete the handouts called **Where Do We Go From Here.**

5. All these should be kept in a duotang or folder that is neatly organized and includes the rubric. Make an interesting and motivational title page for this portfolio that includes your name, your teacher's name, course code and the date handed in.

This is the time line for you to submit each section of your ISU.

- ☐ Feb. 25th 3 Goals
- ☐ March 1st March Plan
- ☐ April 1st March's Activity Journal and Assessing Fitness Goals.
- ☐ April 1st April Plan
- ☐ May 1st April's Activity Journal and Assessing Fitness Goals.
- ☐ May 1st May's Plan
- ☐ May 13th May's Activity Journal and Assessing Fitness Goals.
- ☐ May 18, 19, 20 Final Fitness Appraisal
- ☐ June 3rd Completed ISU

Exercise 3.1 (3 of them)

Look in the Book

Page: 100

My Healthy Active Living Plan

Getting started can be the hardest part of setting goals. The next two exercises will help you focus on exactly what you want to accomplish, and how you can get there.

Mission: Complete the Healthy Active Living Plan below using the SMART strategy.

Student Name: _____

Class/Period: _____

Date: _____

Assessed by:

Teacher ☐

Peer ☐

Self ☐

Parent/Guardian _____

My goal is
SPECIFIC
because

My goal is
**MEANINGFUL and
MEASURABLE**
because

My goal is
ACTION-ORIENTED
because

My Healthy Active Living goal is

My goal is
REALISTIC
because

My goal is
TIME-BOUND
because



PFP

Monday	Tuesday	Wednesday	Thursday	Friday