

Dear Students,

Over the course of the next six weeks your task is to improve your current fitness level. During your time off please review the FITT Principle and use the key components as you complete your daily fitness tracking sheet. Record your days on the tracker provided and have a parent/guardian sign off. Once your tracking sheet is filled out please complete the reflection questions. You may submit your work weekly to my email address located below or when we return to school.

Online links for fitness materials:

<https://darebee.com/posters.html>

<https://jr.nba.com/category/basketball-skills-and-drills/headspace/>

***If you have questions or concerns -**

Ms. Knutsen Contact Information:

Email: aknutsen@cloverpark.k12.wa.us

Phone: (253) 583-5500 Ext. 5529

Instructions:

- Each student will keep their fitness log on the tracking sheet provided or enter the information into a notebook.
- Choose 3 different activities/exercises to complete **EACH** week.
- The activity must be a minimum of 30 minutes in length.
- Activities may include, running, strength training, biking/skateboarding, walking the dog, dancing, going to a sport practice etc.
- To find your heart rate: Locate your heart rate either on your wrist (palm up on the side closest to the thumb) or on the side of your neck using your pointer and middle finger. Count the number of beats for 6 seconds and then multiply that number by 10.

The FITT Principle is a great way of monitoring your exercise activities. The acronym FITT outlines the key components, and the initials F, I, T, T, stand for: Frequency, Intensity, Time and Type.

- **Frequency:** refers to the frequency of exercise undertaken or **how often you exercise (3-5 days per week)**
- **Intensity:** refers to the intensity of exercise undertaken or **how hard you exercise (low, medium, high intensity)**
- **Time:** refers to the time you spend exercising or **how long you exercise for (30-60 min)**
- **Type:** refers to the type of exercise undertaken or **what kind of exercise you do.**

Name: _____

Fitness Log Tracking Sheet

Class Period: ____

	Date	Time		Description of Activity	Heart Rate			What intensity level are you at?
		Start	End		Start	During	End	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

Parent Signature: _____

Student Signature: _____

Name: _____

Fitness Log Tracking Sheet

Class Period: ____

	Date	Time		Description of Activity	Heart Rate			What intensity level are you at?
		Start	End		Start	During	End	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

Parent Signature: _____

Student Signature: _____

Reflection Questions

1. Do you think you worked out less, about the same, or worked out more over break compared to our normal school week?
Please explain.
2. Do you prefer the structure and routine of your current PE class, or did you enjoy creating your own workout routines/activities while we were not in school? Please explain why or why not.
3. Write a brief explanation on how these activities you completed over break compare to activities completed in class (in regard to size.)
 - Did you exercise or complete an activity by yourself?
 - Did you exercise or complete an activity with another individual?
 - Did you exercise or complete an activity with a group of people?