



Name: \_\_\_\_\_ Period \_\_\_\_\_ Teacher \_\_\_\_\_

## Folsom Middle Fitness Assessment

### One Day Personal Physical Fitness Plan

**Standard 4: Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.**

4.2 Develop a one-day person physical fitness plan specifying the intensity, time, and types of physical activities for each component of physical fitness. (FITT Principle)

4.4 Classify physical activities as aerobic or anaerobic.

Proficiency Level	Characteristics
4	A complete plan includes the following: appropriate activities for each section of the plan; activities for all health-related components of fitness; correctly identifies the health-related components for each activity, indicates time, intensity and type of activity; aerobic or anaerobic labeling, parent signature
3	Plan includes almost all of above components
2	Plan partially complete
1	Plan minimally complete

Time in Activity	List what activities you will do for each part of the plan. Include activities from each component of fitness.	Draw a line from each activity on the left to the appropriate component below.	Aerobic or Anaerobic	Intensity of activity
Warm-up: _____ minutes	_____ _____ _____ _____	<b>Cardiorespiratory</b>  <b>Muscle Strength</b>  <b>Muscle Endurance</b>  <b>Flexibility</b>	_____ _____ _____ _____	
Main Activity _____ minutes (must be at least 20 minutes)	_____ _____ _____ _____	<b>Cardiorespiratory</b>  <b>Muscle Strength</b>  <b>Muscle Endurance</b>  <b>Flexibility</b>	_____ _____ _____ _____	
Cool Down: _____ minutes	_____ _____ _____ _____	<b>Cardiorespiratory</b>  <b>Muscle Strength</b>  <b>Muscle Endurance</b>  <b>Flexibility</b>	_____ _____ _____ _____	

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