



PERFORMING YOUR PLAN

Name _____ Date _____

Select one day from your plan and perform as many of the activities as possible in class. If the activities of no single day last as long as one class period, supplement your program with activities from another day. If equipment is not available for the activity of your choice, select an activity that is similar in its benefits and one that you are likely to enjoy. Remember to warm up before doing your personal workout and to finish with a cool-down.

Perform other activities in your plan (those that you did not complete in class) at appropriate times of the day. On the following day use this worksheet to evaluate your plan. List the activities in your plan and indicate whether you were able to complete each. If you were not able to perform some of the activities in your plan, indicate the reasons (bad weather, homework, and so on). Answer the reflection questions when you are done.

Planned activity		
	_____ Yes _____ No	Did you complete the activity?
	_____ Yes _____ No	Did you complete the activity?
	_____ Yes _____ No	Did you complete the activity?
	_____ Yes _____ No	Did you complete the activity?
	_____ Yes _____ No	Did you complete the activity?
	_____ Yes _____ No	Did you complete the activity?
	_____ Yes _____ No	Did you complete the activity?

Write several sentences to answer each question.

1. What did you enjoy most about your workout today? _____

2. What did you enjoy least about your workout? _____

3. How could you change your workout to enhance its benefits and make it more enjoyable? _____

Activity 10.3 Performing Your Plan

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).