

Name: \_\_\_\_\_

Unit Sheet Due Date: \_\_\_\_\_

# Physical Activity Unit Sheet

Objectives:

- Create a physical fitness plan that you can apply in your own life
- Describe the difference between health- and skill-related fitness
- Explain how to reduce injury during exercise, sports, and other activities
- Explain the F I T T principle and how it relates to exercise
- Identify specific aerobic and anaerobic activities that improve the circulatory, respiratory, muscular, and skeletal systems

## C-Layer Vocabulary - 20 points

Due Date: \_\_\_\_\_

Physical activity, coordination, balance, physical fitness, exercise, aerobic exercise, anaerobic exercise, muscle strength, muscle endurance, flexibility, body composition, F I T T principle, resting heart rate, target heart rate, warm-up, cool-down, P R I C E formula, conditioning	Points Possible	Teacher's Signature
Write all of the definitions in your own words	20 points	
Draw a picture of each of the terms	20 points	
Create a crossword puzzle using each of the terms	20 points	
Create a matching quiz using all of the vocabulary terms	20 points	
Write a logical story using 10 of the vocabulary terms	20 points	
Write a poem using 10 of the vocabulary terms	20 points	
Draw a cartoon using 10 of the terms. (The cartoon MUST tell a story)	20 points	
Create a vocabulary game using all of the vocabulary terms	20 points	
Create Flash Cards using all of the vocabulary terms	20 points	

## C-Layer Activities - 20 points

READ Chapter 9 Lessons 1-4 and do the Review questions 1-5 at the end of each lesson.	20 points	
Find a current news article related to physical activity and write a $\frac{3}{4}$ page summary.	10 points	
Create a poster showing the importance of physical activity on the various body systems (circulatory, respiratory, muscular, & skeletal).	10 points	
Listen to Lecture and take notes      1      2	10 points	

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## B-Layer Assignments - 50 points

(Assignments with a \* must be completed by everyone)

Assignment Description	Points Possible	Teacher's Signature
Keep a diary of physical activities for three days and reflect on your level of fitness	15 points	
Research a popular form of exercise (yoga, pilates, dance, etc.) and determine the physical benefits of that type of exercise	15 points	
<b>Create a fitness plan for one month meeting aerobic and anaerobic needs of a teenager *</b>	10 points	
Create a two-sided collage showing media messages about physical activity (one side for males, one side for females) and analyze the difference in the messages	15 points	
In a group, create a Public Service Announcement encouraging teenagers to get more physical activity.	30 points	
<b>Participate in Endurance Lab *</b>	10 points	