



PHYSICAL EDUCATION FLEX CREDIT PE 1 ASSIGNMENTS

To flex $\frac{1}{4}$ credit, a student must participate in 60 hours of activity during the specified semester in addition to completing state required activities and assignments. Students must attend an assessment session scheduled at the end of the semester during exam week in order to turn in the required written assignments and complete the required physical activity assessments associated with the $\frac{1}{4}$ credit.

For additional assistance, see Mr. Steffan Crowe at MHS.

The following written assignments should be completed by the student and turned in during the scheduled assessment time during exam week. These assignments are in addition to the completion of 60 hours of physical activity. They shall appear totally unrelated.

1. Physical Activity Pyramid
2. Physical Activity Plan
3. Physical Fitness Plan
4. Physical Activity Marketing Plan

A session during exam week will be scheduled for instructor assessment of the following:

1. Fitnessgram
 - a. PACER Score
 - b. Flexibility
 - c. Muscular Strength and Endurance



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ASSIGNMENT 1: PHYSICAL ACTIVITY PYRAMID

Directions: Track the amount of physical activity that you participate in over the course of a seven-day week (including weekends). Focus on the types of activities listed in the pyramid on the next page. These are in addition to the physical activity you choose to complete for 60 hours.

Check the box(es) for the day of the week you participate in that activity. On the table below the pyramid, mark the intensity level of the daily physical activities. In each block, record either an L, M or V representing the intensity (Light, Moderate, Vigorous) of the activity.

Each block represents 10 minutes of physical activity. For example, if you went for a 20-minute jog on Tuesday, place a V in two boxes to represent 20 minutes of vigorous physical activity.

The physical activity can be accumulated both in-school and after school.

***Your goals should be to:**

1. Cut down on sedentary behaviors such as watching TV and playing computer games for more than 30 minutes (0 days of the week).
2. Engage in leisure/playtime and strength/flexibility activities on two or three days of the week.
3. Engage in aerobic and recreational activities on four to five days of the week.
4. Engage in healthy daily activities (For example: Taking stairs, dog walking) on every day of the week



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ASSIGNMENT 2: PHYSICAL ACTIVITY PLAN

Directions: Based on the data collected from your Physical Activity Pyramid, you will develop and implement a one-week plan to address your physical activity goals.

The plan will include details of:

- Physical activity goals
- Specific daily physical activities to accomplish the goals: These goals should include the approved activity for your 60 hours and other activities
- Written evaluation of two community fitness or recreational opportunities to help achieve the goal including its accessibility, affordability, and quality of facilities and staffing
- Written evaluation of how well the plan helped meet the physical activity goals

Rubric

Level	Criteria
Advanced 3	The physical activity plan contains realistic and measurable goals, appropriate activities to accomplish the goals, and a realistic schedule. Provides specific and detailed evaluation of the success and challenges associated with implementing the plan. Provides appropriate modifications to the plan. Community physical activity resources and/or facilities are included in the plan based on their accessibility, affordability, quality and staffing.
Proficient 2	The physical activity plan contains goals, activities to accomplish the goals and an evaluation of how the activity plan helped. Community facilities are evaluated for accessibility, affordability, quality and staffing.
Limited 1	The physical activity plan does not contain goals, activities to accomplish the goals or an evaluation of how the activity plan helped. Community facilities are not evaluated for accessibility, affordability, quality and staffing.



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Physical Activity Goal: I will be physically active for a total of 60 minutes per day by participating in moderate to vigorous physical activities that fall into these three categories.		
Everyday Activity Goals		
Current Activities	Possible Activities	My Plan
Recreational Activity Goals		
Current Activities	Possible Activities	My Plan
Aerobic Exercise Goals		
Current Activities	Possible Activities	My Plan



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Directions: Complete the schedule to accumulate 60 minutes of physical activity each day. Use the information from "My Plan," "Current Activities," and "Possible Activities" from the previous table.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
Place							
Start Time							
End Time							
Total Min.							

Evaluation of Plan:

1. What was successful about your plan? What helped you achieve your physical activity goals?
2. What was challenging about meeting your physical activity goals or implementing your plan?
3. What would you change about your plan?

Evaluation of Community Physical Activity Opportunities:



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Directions: Select two community resources or facilities that are included in your plan and evaluate the potential for this resource to be used in your plan. Evaluate it based on accessibility, affordability, staffing, and quality.

Name of Community Resource/Facility 1: _____

Accessibility (Who can use it and when?)

Affordability (How much does it cost to use?)

Staffing (Who runs the facility, what is their training?)

Quality (Good features, poor features)



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Name of Community Resource/Facility 2: _____

Accessibility (Who can use it and when?)

Affordability (How much does it cost to use?)

Staffing (Who runs the facility, what is their training?)

Quality (Good features, poor features)



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ASSIGNMENT 3: PHYSICAL ACTIVITY MARKETING CAMPAIGN

Directions: Develop a marketing campaign for a physical activity.

The marketing campaign should include one of the following:

- Letter
- Poster
- Video
- Brochure
-

You should illustrate the importance, benefits, and factors that lead to the enjoyment of the chosen physical activity. The goal of the project is to motivate and encourage others to engage in this physical activity.

The following must be included:

- Health Benefits
- Social Interaction
- Enjoyment
- Challenge
- Self-Expression



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FITNESSGRAM SCORE SHEET

(Will be completed on the day of assessments)

Student Name _____

Age:	BMI:
Height:	
Weight:	
Gender	

Cardiovascular:

PACER score: _____ laps

Flexibility:

Trunk lift: _____ inches (max = 12in.)

Shoulder Stretch:

Left: Yes No

Right: Yes No

Sit and Reach:

Left: _____ inches

Right: _____ inches

Muscular Strength and Endurance:

Curl-ups: _____ (max = 75)

Push-ups: _____