Student Name: Student ID:

**EVERETT SCHOOL DISTRICT**

**PHYSICAL EDUCATION**

**CREDIT RECOVERY PACKET 1**

(For students completing their first PE Credit Recovery credit.)

**Washington State Physical Education**

**Standards Checklist**

**The following document explains how each portion of the credit recovery activity connects to a Washington State Physical Education learning standard.**

**Physical Education Standard 1:** *Students will demonstrate competency in a variety of motor skills and movement patterns.* (Met by participating in your self-selected activity*)*

**Physical Education Standard 2**: *Students will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.* (Met by participating in your self-selected activity and Credit Recovery Packet 1: Individual Fitness Plan)

**Physical Education Standard 3:**  *Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.* (Met by Credit Recovery 1: Individual Fitness Plan and Credit Recovery 2: Fitness for a Lifetime program)

**Physical Education Standard 4:** *Students will exhibit responsible personal and social behavior that respects self and others*. (Met by participating in your self-selected activity)

**Physical Education Standard 5:** *Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.* (Met by participating in your self-selected activity and Credit Recovery Packet 2: Fitness for a Lifetime program)

**EVERETT SCHOOL DISTRICT**

**Sport/Activity Analysis**

**The following assignment must be completed along with the Activity Log and Cognitive Assessment**.

This is your opportunity to analyze your sport or activity in relationship to the five components of fitness. Written below are definitions of the five components of fitness with example activities that will assist you in the activity analysis portion of the packet.

**Cardio-Respiratory Endurance** - the ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate-to-vigorous activity

* + **Activities:** Running, jogging, walking, bicycling, swimming or other activities where you are in your target heart rate zone for a minimum of 20 minutes.

**Flexibility** - the ability to move the joints through a full range of motion

* + **Activities:** Stretching, Yoga, Tai-Chi, or other activities that increase or sustain your range of motion of your joints.

**Muscular Endurance** - the ability of the muscles to perform physical tasks over a period of time without becoming fatigued

* + **Activities:** Weight training with light weight for 12-15 reps; push-ups, sit-ups, crunches, leg lifts, squats, body weight resistance exercises.

**Muscular Strength** - the amount of force a muscle can exert

* + **Activities:** Weight training with heavy weight (60-75% of your 1 rep max) for 7-10 reps, exercises with additional resistance added by another person or additional weights. Body weight may be used for this depending on the exercise and your ability to do that exercise. Example: Pull-ups.

**Body Composition** - a measure of ones percentage of fat body mass compared to lean body mass

* + **Activities:** Exercise and attention to a healthy diet helps people reach a healthy Body Composition.

**EVERETT SCHOOL DISTRICT**

**Sport/Activity Analysis**

**Using the five components of fitness definitions above and prior knowledge in Physical Education 1 classes describe how your activity promotes or improves each component of fitness. Example exercises would be good to add in your description. Indicate if you think your activity is strong or weak in any of the components. Some components of fitness may be focused on more within your sport or activity than others.**

**Cardio-Respiratory Endurance**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Circle one: Strong Weak

**Flexibility:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Circle one: Strong Weak

**Muscular Endurance:**

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Circle one: Strong Weak

**Muscular Strength:**

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Circle one: Strong Weak

**Body Composition: (Indicate how you think your body composition will change and or improve with your given activity and describe why.)**

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**Credit Recovery Packet 1: Cognitive Assessment**

**Individual Fitness Plan Using Training Principles**

**Create a one-month fitness plan that supports your sport or activity regarding 4 components of fitness (Muscular Strength, Muscular Endurance, Flexibility and Cardiorespiratory Endurance). The following training principles must be considered and included when designing your workout plan or regimen. Youtube.com is a source for more information.**

**Overload:** Overload refers to the amount of load or resistance placed on the body. An individual must provide a greater stress, or load, on the body than it is normally accustomed to in order to increase fitness levels.

**Progression**: Progression is the way in which an individual should increase the load. When the load becomes to get easy the individual must use the principle of progression and begin to overload the muscle again to make improve in overall muscular strength or endurance.

**Specificity (SAID principle):** In order to get better at your particular sport or activity you must do exercises that are similar to or support your given sport. For example, a distance runner needs to focus a great deal on training their cardiovascular system. It would not be beneficial for them to push extremely heavy weights in the weight room.

**Reversibility:** If you take too long of a rest your training effects will begin to reverse. Rest is important however if done too often you will go backwards in your progress toward your goal.

**Diminishing return:** The more fit you get doing a particular activity the slower your gains will become. For example, if you are training in long distance running, you may see your running times improve dramatically to start. After a while those margins of improvement will begin to slow down or narrow.

**Rest and Recovery:** It is important to get adequate rest so that your body can recover properly. In recovery your muscles and cardiovascular system have a chance to recover and replenish. Overtraining can work against your overall success when training for any activity leading to breakdown or injuries.

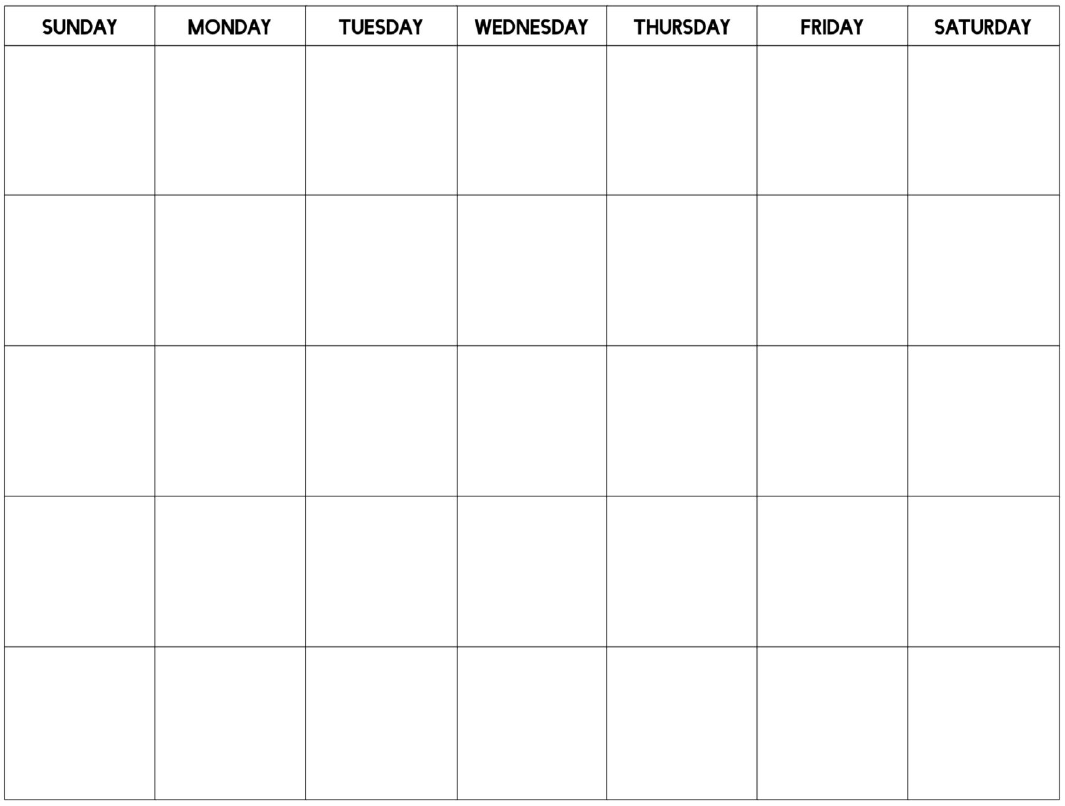
**Make sure to incorporate upper and lower body exercises that give you a balanced approach for your exercise regimen.** Your plan should have a variety of exercises included. Describe how you applied the training principles above in your workout. Use your PE teachers, coaches or trainers as a resource if you are struggling to come up with a plan.

**How you present this plan is up to you. You might want to do a calendar format or simply a list format. Use a creative process that works best for you. Attach your plan to this document for the PE Credit Recovery Instructor to assess or use the chart on the next page for your plan**

Watch video to learn about the training principles: <https://www.youtube.com/watch?v=9jJJd-PqhQY> or <https://www.youtube.com/watch?v=dHntMdrf_4s>

* Complete a monthly plan as if you were designing a whole body exercise program using the training principles.
* Each day should touch on multiple training principles and each week should include rest and recovery.

**Individual Fitness Plan Using Training Principles   
(Create your 1-month plan here or on a separate document)**



After your monthly workout plan is complete, please write a summary describing how you applied the above training principles to your workout. This can be completed in Word and attached to this packet.

**Goal Checked by mentor:**

\_\_\_\_\_\_ initial \_\_\_\_\_\_ date

**Hours logged checked by mentor:**

\_\_\_\_\_\_ initial \_\_\_\_\_\_ date

**PE ACTIVITY LOG FOR CREDIT RECOVERY**

**Health and Fitness Standard:** Develop and Monitor progress on personal fitness goals.

Safely participate in a variety of appropriate physical activities.

**Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Supportive Questions for your goal*

**What activities are you going to do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fitness Component (FC)**

* Muscle Endurance (ME) (repeat movement without stopping)
* Muscle Strength(MS) (lift,push,pull in a short bursts)
* Cardio-Respiratory (CR)(long periods of activity)
* Flexibility (F) (stretching)

Apply fitness components to each goal in the “FC” column of the Activity Log on back.

**How will you know you’ve reached your goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Log Activity on back**

***Fuel Education PE Credit Recovery Course “S” + 20 hours = .5 credit***

***Maximum 60 minutes per day***

**Example 1: General Fitness Goal**

**Goal**: *I want to increase my physical activity to 5 hours/week.*

*Supportive Questions for your goal:*

**What activity are you going to do***? I will actually get out and walk around my neighborhood for 1 hr, 5-6 days/week.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Activity** | **FC** | **Minutes** | **Running Total** |
| **9/22/14** | **Walking to Forest Park** | **CR** | **60** | **60 minutes** |
| **9/23/14** | **Bike Ride with Family** | **CR** | **30** | **90 minutes** |

**How will you know you’ve reached your goal?** *If I actually do it every day. (I’m doing nothing now)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Activity** | **FC** | **Minutes** | **Running Total** |
| **10/27/2014** | **Yoga Class at YMCA** | **F** | **60** | **60 minutes** |
| **11/2/2014** | **Elliptical machine at the YMCA** | **CR** | **30** | **90 minutes** |

**Example 2: Area Specific Goal**

**Goal*:*** *Increasing my flexibilty to fully participate in a class.*

*Supportive Questions for your goal*

**What activity are you going to do?** *Yoga class at the YMCA.*

**How will you know you’ve reached your goal?** *By the 6th class, if my flexibility has increased, I’ll complete the class without stopping.*

**Frequently Asked Questions**

**Q: How many hours should be logged?** A: 20 hours for PE Credit Recovery Course. Max 1 hour per day.

**Q: When/How do I begin?** A: Write a goal, and have it checked by your mentor. Then, begin moving and logging hours today! **Need ideas for activity?** View a full list at www.presidentschallenge.org/challenge/activities.shtml

**Q: What if I’ve reached my goal but need more hours?** A: Write a new goal on a new log, log more hours as you reach your goal.

**Q: What if I don’t reach my goal and have logged my hours?** A: Write an honest reflection and adjust your goal for next time.

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| **Date** | **Activity** | **FC** | **Minutes** | **Running total** | **Date** | **Activity** | | **FC** | **Minutes** | **Running Total** |
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|  |  |  |  |  | **Total minutes:** | | **Total hours:** | | | |

**Q: What do I do with a completed log?** A: Give to your mentor ASAP.

***Adult Contact for Verification***

*Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*This person can verify the accuracy of this fitness log.*

**Reflection:** *Supportive questions for reflection to be completed after goal is obtained or hours achieved, whichever comes first.*

**What are you pleased with?**

**What do you want to improve on? How will you improve?**