

5 Health Components of Fitness	6 Skill Components of Fitness	FITT PRINCIPLE
<p>Muscular Strength - doing a movement one time with all of your power</p> <p>Flexibility - bending, twisting, stretching</p> <p>Muscular Endurance - ability to repeat an activity over and over for a long period of time or use a muscle many times without getting tired</p> <p>Cardiovascular Endurance - heart and lungs working together to move the body for a long period of time</p> <p>Body Composition - Fat, Muscle, Bones and Organs - all components of the body</p>	<p>Agility - ability to rapidly & accurately get your whole body to change directions</p> <p>Balance - ability to maintain equilibrium while stationary or moving</p> <p>Coordination - ability to use your senses & body in order to perform physical tasks smoothly and accurately</p> <p>Power - The amount of force a muscle can produce</p> <p>Reaction Time - ability to respond quickly to stimuli</p> <p>Speed - amount of time it takes the body to perform specific tasks</p>	<p>Frequency – HOW OFTEN you exercise</p> <p>Intensity – HOW HARD you exercise</p> <p>TIME – HOW LONG you exercise</p> <p>Type – WHAT KIND of exercise you do</p>

GOAL SETTING PROJECT – Due June 12th

Component 1 – Improving a Health Component of Fitness: Cardio Endurance

1. Cardiovascular Endurance – heart & lungs working together to move the body for a long time. example: fast walking, jogging, running, biking, swimming, rowing
2. Directions: map out a SAFE course to walk/jog/run use the FITT Principle to get faster
3. Goal – walk/jog/run a ½ mile or 1 mile or more and improve with a faster time by June 12th

Component 2 – Improving a Skill Component of Fitness: Eye/Hand Coordination or Eye/Foot

1. Coordination - ability to use your senses & body in order to perform physical tasks smoothly and accurately
2. Directions: Practice juggling with hands or feet now until June using the FITT Principle to improve
3. Goal – Get better with practice and perseverance to become more coordinated with juggling

Component 3 – Working toward your goals using the FITT Principle: Focus on Consistency

1. Frequency – how many days a week are you going to practice? pick one 2 days 3 days 4 days
2. Time – how long will your workout/practice be? Pick one 10 Minutes 15 Minutes 20 Minutes

	1 st Test – May 12 th – 15 th	2 nd Test – May 26 th – 29 th	Last Time – June 8 th -11 th
Cardio	Record Time:	Record Time:	Record Time:
	# of Cardio Practices	# of Cardio Practices	# of Cardio Practices
Eye/hand Coordination	Record Juggles:	Record Juggles:	Record Juggles:
Other (optional)			
Other (optional)			