

5 Health Components of Fitness	6 Skill Components of Fitness	FITT PRINCIPLE
<p><b>Muscular Strength</b> - doing a movement one time with all of your power</p> <p><b>Flexibility</b> - bending, twisting, stretching</p> <p><b>Muscular Endurance</b> - 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><b>Cardiovascular Endurance</b> - heart and lungs working together to move the body for a long period of time</p> <p><b>Body Composition</b> - Fat, Muscle, Bones and Organs - all components of the body</p>	<p><b>Agility</b> - ability to rapidly &amp; accurately get your whole body to change directions</p> <p><b>Balance</b> - ability to maintain equilibrium while stationary or moving</p> <p><b>Coordination</b> - ability to use your senses &amp; body in order to perform physical tasks smoothly and accurately</p> <p><b>Power</b> - The amount of force a muscle can produce</p> <p><b>Reaction Time</b> - ability to respond quickly to stimuli</p> <p><b>Speed</b> - amount of time it takes the body to perform specific tasks</p>	<p><b>Frequency</b> – HOW OFTEN you exercise</p> <p><b>Intensity</b> – HOW HARD you exercise</p> <p><b>TIME</b> – HOW LONG you exercise</p> <p><b>Type</b> – 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 <sup>st</sup> Test – May 12 <sup>th</sup> – 15 <sup>th</sup>	2 <sup>nd</sup> Test – May 26 <sup>th</sup> – 29 <sup>th</sup>	Last Time – June 8 <sup>th</sup> -11 <sup>th</sup>
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)			