

Name: _____

Grade and Section: _____

Teacher: _____

Date: _____

Title of the activity: Pre-assessment 2.1

Being Active is Fun Healthy Goals!

Direction: Write and plan your exercise for each physical fitness components within the month. Let's Get Moving! For use with "Being Active is Fun" Healthy Goal.

Components	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ex: Flexibility	8x Forward Lunges	8x Side Bends	16x Neck Rotation	16x Shoulder Rotation	16x Arm Rotation	8x Sit and Reach	8x Toe Touches
1.							
2.							
3.							
4.							