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 exercises for each physical fitness components for 3 weeks. 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.							

LIVEWORKSHEETS