Name:

Date:

**Physical and Health Education –Assignment 2.1 – Super Health Hero Notes**

***Assessment per Rubric.***

|  |  |
| --- | --- |
| **Activity, Exercise, or Sport:** ( ) | |
| **Component of Fitness** | **Influenced – Yes or No – If yes, explain:** |
| **Cardiorespiratory Endurance** | ( ) |
| **Muscular Endurance / Muscular Strength** | ( ) |
| **Flexibility** | ( ) |

|  |  |
| --- | --- |
| **Activity, Exercise, or Sport:** ( ) | |
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| **Muscular Endurance / Muscular Strength** | ( ) |
| **Flexibility** | ( ) |

|  |  |
| --- | --- |
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| **Cardiorespiratory Endurance** | ( ) |
| **Muscular Endurance / Muscular Strength** | ( ) |
| **Flexibility** | ( ) |

|  |  |
| --- | --- |
| **Activity, Exercise, or Sport:** ( ) | |
| **Component of Fitness** | **Influenced – Yes or No – If yes, explain:** |
| **Cardiorespiratory Endurance** | ( ) |
| **Muscular Endurance / Muscular Strength** | ( ) |
| **Flexibility** | ( ) |

**If you want to record more activities, add them here:**

( )

**YOUR TOP FIVE LIST:**

What do you believe are the top five benefits of physical activity and exercise?

1. ( )

2. ( )

3. ( )

4. ( )

5. ( )