Name:

Date:

**Physical and Health Education 7 - Assignment 2.2 – FITT Training Principles**

**Assessment per Rubric.**

**Assignment:**

Planning a FITT week helps you to achieve fitness goals. It includes all the components of fitness if it is planned well. You can also include other physical literacy categories to help you create really balanced program, including:

* Movement Skills and Strategies
* Games
* Rhythmic Activities
* Individual and Dual Activities

1. Think about activities you are willing to do for each component of fitness.

Strength (3+ times per week): (enter text here)

Flexibility (4+ times per week): (enter text here)

Cardio/Aerobic Exercises (4-5 times per week for 20-30 minutes or more): (enter text here)

2. Which two (or more) physical literacy categories would you like to include in your FITT week plan? What sport or skills will you work on within that category? (Choose from: movement skills and strategies, games, rhythmic activities, individual / dual activities).

a. Category: (enter text here) Sport or skill: (enter text here)

b. Category: (enter text here) Sport or skill: (enter text here)

3. Create a FITT training plan that you could follow for a week – then keep track of how well you follow it:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Strength – 3+ | Flexibility – 4+ | Cardio 4-5 times for 20-30 min+ |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

4. Reflect. How did you do with following your plan? How did having a plan help you to apply the FITT principle? Are there any categories that you find more difficult than others? Which categories are you strongest at?

(enter paragraph here)