

**POWER STANDARD 2: I Can Train Myself and Others****CONCEPT SCAFFOLDING**

Name: \_\_\_\_\_

Please circle the answer that best describes each letter of the FITT principle.

F	I	T	T
How hard	How hard	How hard	How hard
What do you do	What do you do	What do you do	What do you do
How long	How long	How long	How long
How often	How often	How often	How often

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).