

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

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

Cardiorespiratory endurance is

Please circle the best choice for each element of the FITT principle for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)
4	Enough to break a sweat	10 min	Swimming
3	At target heart rate	20 min	Handstand
2	At maximum heart rate	30 min	Juggling
1		45 min	Yoga

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