

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

Name: _____

Flexibility is

In the space provided, please fill in how to apply the FITT principle to muscular endurance for an average person.

Frequency (how often?)	Intensity (how hard?)	Minimum time (how long?)	Best type (which activities?)

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