

POWER STANDARD 3: I Participate Regularly**ACTIVITY PYRAMID**

Name: _____

Write down 10 physical activities you like to do, 1 activity in each section of the pyramid. Add the date when you do the activity and the amount of time you do the activity.

The diagram is a large equilateral triangle divided into 10 smaller sections. The sections are arranged in four rows: the top row has 1 section, the second row has 2 sections, the third row has 3 sections, and the bottom row has 4 sections. Surrounding the pyramid are six illustrations of children engaged in physical activities: a child on a skateboard at the top left, a child in a wheelchair holding a ball to the left, a child jumping a ball at the bottom left, two children dancing at the top right, a child playing soccer at the bottom right, and a child in a wheelchair at the bottom left.