

POWER STANDARD 2: I CAN TRAIN MYSELF AND OTHERS

Name: _____

Two-Week Fitness Plan (Option 1)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Dynamic warm-up: ____ min light jogging ____ min stair-climbing at ____ of maximum heart rate Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging Strength training: ____ reps for ____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions Muscular endurance: ____ reps for ____ sets Push-ups and sit-ups Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min soccer game at ____ of maximum heart rate Static cool-down: ____ min yoga poses	Dynamic warm-up: ____ min light jogging Strength training: ____ reps for ____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions Muscular endurance: ____ reps for ____ sets Push-ups and sit-ups Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min running at ____ of maximum heart rate Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min jumping rope at ____ of maximum heart rate Static cool down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min running at ____ of maximum heart rate Static cool-down: ____ min stretching	
____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	7 × ____ Flexibility 5 × ____ Cardiorespiratory endurance 2 × ____ Muscular endurance 2 × ____ Muscular strength

(continued)

EXAMPLE: TWO-WEEK Fitness Plan (Option 1) (continued)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Dynamic warm-up: ____ min light jogging Strength training: ____ reps for ____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions Muscular endurance: ____ reps for ____ sets Push-ups and sit-ups Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min aerobics at ____ of maximum heart rate Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging Strength training: ____ reps for ____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions Muscular endurance: ____ reps for ____ sets Push-ups and sit-ups Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min on rowing machine at ____ of maximum heart rate Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging Strength training: ____ reps for ____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions Muscular endurance: ____ reps for ____ sets Push-ups and sit-ups Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min on rowing machine at target heart rate Static cool-down: ____ min stretching	Dynamic warm-up: ____ min light jogging ____ min on rowing machine at target heart rate Static cool-down: ____ min stretching	
____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	7 × ____ Flexibility 4 × ____ Cardiorespiratory endurance 3 × ____ Muscular endurance 3 × ____ Muscular strength

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