

POWER STANDARD 3: I Participate Regularly**ACTIVITY CHECKLIST**Name: Arthur Finn

Place a mark next to each of the activities you participate in for at least 20 minutes this month.

X	Running	X	Walking a dog
	Jumping rope		Swimming laps
	Shooting hoops	X	Jogging on a treadmill
	Stair-climbing		Rowing
	Aerobics	X	Swing dancing
	Kickboxing		Pilates
	Yoga		Taking a hike
X	Geocaching	X	Playing soccer
X	Tennis		Badminton
	Football		Tai chi
	Chopping wood		Pickleball
	Golf		Fishing
	Lacrosse		Field hockey
	Rugby		Roller-skating
	Bike riding		Skateboarding
	Wakeboarding		Downhill skiing
	Waterskiing		Snowboarding
	Snowshoeing		Cross-country skiing
	Wii Fit	X	Dance Dance Revolution
	Elliptical		Health club class
	Raking leaves	X	Stretching
X	Weight training	X	Core ball
	Resistance bands		Scuba diving
X	Horseback riding		Kayaking
X	Rock climbing		Surfing

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