

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

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

Please circle the answer that best describes each letter of the FITT principle.

F	I	T	T
Fun	Intervals	Time	Teach
Flexibility	Intensity	Tedium	Taekwondo
Frequency	Intermittent	Target heart rate	Type

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