

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

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

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

	Running		Walking a dog
	Jumping rope		Swimming laps
	Shooting hoops		Jogging on a treadmill
	Stair-climbing		Rowing
	Aerobics		Swing dancing
	Kickboxing		Pilates
	Yoga		Taking a hike
	Geocaching		Playing soccer
	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		Dance Dance Revolution
	Elliptical		Health club class
	Raking leaves		Stretching
	Weight training		Core ball
	Resistance bands		Scuba diving
	Horseback riding		Kayaking
	Rock climbing		Surfing

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