

# POWER STANDARD 2: I CAN TRAIN MYSELF AND OTHERS

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## Two-Week Fitness Plan (Option 1)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
<b>Dynamic warm-up:</b> ____ min light jogging ____ min stair-climbing at ____ of maximum heart rate <b>Static cool-down:</b> ____ min stretching	<b>Dynamic warm-up:</b> ____ min light jogging <b>Strength training:</b> ____ reps for ____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions <b>Muscular endurance:</b> ____ reps for ____ sets Push-ups and sit-ups <b>Static cool-down:</b> ____ min stretching	<b>Dynamic warm-up:</b> ____ min light jogging ____ min soccer game at ____ of maximum heart rate <b>Static cool-down:</b> ____ min yoga poses	<b>Dynamic warm-up:</b> ____ min light jogging <b>Strength training:</b> ____ reps for ____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions <b>Muscular endurance:</b> ____ reps for ____ sets Push-ups and sit-ups <b>Static cool-down:</b> ____ min stretching	<b>Dynamic warm-up:</b> ____ min light jogging ____ min running at ____ of maximum heart rate <b>Static cool-down:</b> ____ min stretching	<b>Dynamic warm-up:</b> ____ min light jogging ____ min jumping rope at ____ of maximum heart rate <b>Static cool down:</b> ____ min stretching	<b>Dynamic warm-up:</b> ____ min light jogging ____ min running at ____ of maximum heart rate <b>Static cool-down:</b> ____ min stretching	
____ X Flexibility ____ X Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ Flexibility ____ X Cardiorespiratory endurance ____ X Muscular endurance ____ X Muscular strength	____ X Flexibility ____ X Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ X Flexibility ____ Cardiorespiratory endurance ____ X Muscular endurance ____ X Muscular strength	____ X Flexibility ____ X Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ X Flexibility ____ X Cardiorespiratory endurance ____ Muscular endurance ____ Muscular strength	____ X Flexibility ____ X 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
<b>Dynamic warm-up:</b> _____ min light jogging  <b>Strength training:</b> _____ reps for _____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions  <b>Muscular endurance:</b> _____ reps for _____ sets Push-ups and sit-ups  <b>Static cool-down:</b> _____ min stretching	<b>Dynamic warm-up:</b> _____ min light jogging _____ min aerobics at _____ of maximum heart rate  <b>Static cool-down:</b> _____ min stretching	<b>Dynamic warm-up:</b> _____ min light jogging  <b>Strength training:</b> _____ reps for _____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions  <b>Muscular endurance:</b> _____ reps for _____ sets Push-ups and sit-ups  <b>Static cool-down:</b> _____ min stretching	<b>Dynamic warm-up:</b> _____ min light jogging _____ min on rowing machine at _____ of maximum heart rate  <b>Static cool-down:</b> _____ min stretching	<b>Dynamic warm-up:</b> _____ min light jogging  <b>Strength training:</b> _____ reps for _____ sets Squats, bench presses, lunges, lat pulls, biceps curls, triceps extensions  <b>Muscular endurance:</b> _____ reps for _____ sets Push-ups and sit-ups  <b>Static cool-down:</b> _____ min stretching	<b>Dynamic warm-up:</b> _____ min light jogging _____ min on rowing machine at target heart rate  <b>Static cool-down:</b> _____ min stretching	<b>Dynamic warm-up:</b> _____ min light jogging _____ min on rowing machine at target heart rate  <b>Static cool-down:</b> _____ min stretching	
___X___ Flexibility _____ Cardiorespiratory endurance ___X___ Muscular endurance ___X___ Muscular strength	___X___ Flexibility ___X___ Cardiorespiratory endurance _____ Muscular endurance _____ Muscular strength	___X___ Flexibility _____ Cardiorespiratory endurance ___X___ Muscular endurance ___X___ Muscular strength	___X___ Flexibility ___X___ Cardiorespiratory endurance _____ Muscular endurance _____ Muscular strength	___X___ Flexibility _____ Cardiorespiratory endurance ___X___ Muscular endurance ___X___ Muscular strength	___X___ Flexibility ___X___ Cardiorespiratory endurance _____ Muscular endurance _____ Muscular strength	___X___ Flexibility ___X___ 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).