

Goals for Middle School Fitness Portfolio

1. Students will understand the importance of regular participation in physical activity.
2. Students will identify the guidelines for participation in regular physical activity.
3. Students will participate at least 60 minutes per day on most days of the week in physical activities of their choice, both in class and outside of school.
4. Students will identify and explain three of the health-related components of physical fitness: cardio-respiratory endurance, muscular strength and endurance, and flexibility.
5. Students will explain and demonstrate how to measure their personal fitness level for each of those health-related components of fitness identified for the portfolio.
6. Based on their individual scores for the health-related components of fitness as measured by the FitnessGram assessments, students will identify SMART (specific, measurable, attainable, realistic to students, and time-bound) goals for the three components in relation to the HFZ.
7. Through participation in appropriate training activities, students will achieve the personal fitness goals they identified at the beginning of the semester.