

Mrs. Cole's & Mr. Kirby's Journal Questions

3rd - 6 weeks

12/3/07-1/25/08

General information & guidelines for PE journal entries: We completed the first journal in class together so that all students should have a “perfect” copy of what a journal should look like from 9/14/07. Everything should be double spaced (date, Beg. Act., Obj., RHR, Activities). There will usually be two questions: the Reflection Question ALWAYS needs to be answered in 3 complete sentences, the other question will vary but we will indicate the length of the response required or if it was answered in class. Journals will be graded approximately every 6 weeks.

PE Fitness Plan for Pat final test review information: 20pts total Test is Friday 1/18/08

You must be able to name the each component of the FITT principle, describe each, and tell how to adjust each to improve your fitness level. 12pts

Frequency: the number of days/week you work out.

*increase the number of days you work out to improve

Intensity: how hard you work out based on your HR %

*you can increase your intensity by running faster (sprints or same distance shorter time), doing hills, stairs, lift heavier weights, etc.

Time: how long you work out

*increase the amount of time you workout

Type: the type of exercise you choose to do

*if you want to improve you would choose more challenging exercises

Using the “Pat” scenario you must give 2 SPECIFIC AND MEASUREABLE nutrition goals or changes that you would make to Pat’s diet AND tell how each change would affect his BODY COMPOSITION. 4pts

Also using the “Pat” scenario you must give 2 SPECIFIC changes to Pat’s physical activity AND tell how each change would affect his BODY COMPOSITION. 4pts.

Date: 12/3/07

Beg. Act: Cals

Obj.: 1.1 & 1.3

Activity: Pacer Test. On 10/11/07 I got _____. Today my goal is _____.
I actually got _____.

Reflection Question: Think about our friend Pat from the beginning of the year. Pick one fitness component that you think he needs to improve on the most. Write 3 sentences including the component and the reasons why you chose it for Pat.

Nutrition: Write 2 new nutrition goals for the next 6 weeks. Keep them simple and specific to help you make LITTLE changes to your diet.

Date: 12/17/07

Beg. Act. Cals

Obj: 1.1 & 1.3

Activity: Holiday Surprise

Reflection Question: Write a 6 sentence paragraph about how you can help Pat improve one fitness component. Choose either muscular endurance, muscular strength, cardiovascular endurance or flexibility)

Topic Sentence: Tell which component you chose and why

Concrete Detail: Describe the Type and Time for the exercise

Commentary: tell why you chose the exercise

Concrete Detail: Describe the Frequency and Intensity for the exercise

Commentary: tell why

Concluding Sentence: Tell how the application of the FITT principle in the way you described above will help Pat improve the fitness component you chose.

This is due on January 2nd, 2008.

Date: 1/2/08

Beg. Act.: Cals

Obj.: Improve Cardiovascular Endurance

Activity: 4 Corners

Reflection Question: Write the definition for the following:

F =

I =

T =

T =

Reflection: Look over your 6 sentence paragraph from 12/17/07 and fix anything you think needs fixing before I read it.

Date: 1/8/08

Beg. Act.: Cals

Activity:

Objective: Improve Cardiovascular Endurance

Reflection Question: List the 5 fitness components and give 2 things that Pat **could** do to improve each one.

Nutrition Question: Describe 4 things that Pat could modify/change in his diet and how each change will help him to be healthier.

Date: 1/14 /08

Beg. Act.: Cals

Objective: To improve cardiovascular endurance.

Activity: Partner Activity

Reflection Question:

I run 5 days a week for 30 minutes at 75% for 3 miles.

- A. If I want to increase my endurance, what adjustments could I make?
- B. If I want to increase my heart rate, what adjustments could I make?
- C. If I want to complete the workout in a shorter time but not lose any benefits, what adjustments could I make?

PE test over this information and the F.I.T.T principle will be Wednesday 1/16/08 for Mrs. Cole's classes.

Nutrition Question:

Pick 3 of your favorite foods from your pantry and fill in the table below:

Food Item	Amount/Serving (#, oz, grams, etc)	Calories/Serving	Amount you typically eat in one sitting	Calories you'd consume in one sitting

