

Physical Movement

Instructions: Fill in what muscle groups you used, how long you held the exercises for and have your parent sign off that you completed them.

Fitness Exercise	Repetitions	Sets	Muscle groups used	Parent/guardian signature
Push ups Proper form push up	10-15	1		
Double crunch/crunch Double crunch	10-15	1		
Wall Sit Wall sit challenges	_____ How long did you hold it?	1x		
Plank Plank	_____ How long did you hold it?	1		
Tricep Dips Triceps dips at home	10-15	1		
Student choice exercise	10-15/time	1		

Written Portion

Complete these follow up questions:

1. How would doing these exercises on a regular basis affect; your general fitness, self image, energy levels and ability to concentrate.

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2. If you did bodyweight fitness exercise at home, how would it enhance your performance in the activities or sports you like to do?