

OCTOBER P.E. HOMEWORK 3-5

Name _____ Homeroom _____

As we continue to use the Five for Life Health and Fitness Curriculum, I want to focus on helping you understand the different components of fitness.

For your October homework I would like you to try to be active outside of school as much as you can. The national recommendation for Physical Education class is 30 minutes every day. It is also recommended that everyone gets at least 60 minutes of exercise each day.

Currently, all students at Lawton receive 90 minute of P.E. class a week so I would like you to see how much you can make up outside of school.

I would like you to log what you've done and then list which fitness component you worked on. For example, if I went swimming for 1 hour after school let out, I would list that under cardiorespiratory endurance. Below are the definitions for the different fitness components

Cardiorespiratory Endurance – The ability of the heart and lungs to supply oxygen to the muscles during long periods of physical activity.

Flexibility - The muscles' ability to move a joint through a full range of motion.

Muscular Endurance - The ability of the muscles to repeat a movement many times (8 or more) or hold a position without stopping to rest.

Muscular Strength - The ability of a muscle or muscles to push or pull with its total force

What I did and when...	How long did I do it...	What fitness component I worked...
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