

B/D Day Fitness Form (Each square needs to be fully completed):

ALL WORK (Fitness Form, PE Test, and Health Test) are due by 11:59 PM FRIDAY NIGHT.

NO LATE WORK WILL BE ACCEPTED since students have all week (5 days) to complete them, and no re-submissions will be accepted.

Students should not copy and paste from the PowerPoint/presentation and should use their own words (with the exception of definitions).

Each day, the numbers correspond with the numbers on the Bitmoji Classroom for that day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#	<p>How do I feel TODAY and Why?:</p> <p>What is something that you did outside of school work (example: spent time with family, took a trip to the mountains, walked my dog, went to the park, watched a movie):</p>	<p>How do I feel TODAY and Why?:</p> <p>What is something that you did outside of school work (example: spent time with family, took a trip to the mountains, walked my dog, went to the park, watched a movie):</p>	<p>How do I feel TODAY and Why?:</p> <p>What is something that you did outside of school work (example: spent time with family, took a trip to the mountains, walked my dog, went to the park, watched a movie):</p>	<p>How do I feel TODAY and Why?:</p> <p>What is something that you did outside of school work (example: spent time with family, took a trip to the mountains, walked my dog, went to the park, watched a movie):</p>	<p>How do I feel TODAY and Why?:</p> <p>What is something that you did outside of school work (example: spent time with family, took a trip to the mountains, walked my dog, went to the park, watched a movie):</p>
1.	<p>PE WORD:</p> <p>DEFINITION:</p>	<p>PE WORD:</p> <p>DEFINITION:</p>	<p>PE WORD:</p> <p>DEFINITION:</p>	<p>PE WORD:</p> <p>DEFINITION:</p>	<p>PE WORD:</p> <p>DEFINITION:</p>

2.	HEALTH CONCEPT: DEFINITION:	HEALTH CONCEPT: DEFINITION:	HEALTH CONCEPT: DEFINITION:	HEALTH CONCEPT: DEFINITION:	HEALTH CONCEPT: DEFINITION:
3.	Pre-Exercise Heart Rate:	Pre-Exercise Heart Rate:	Sport Activity: PowerPoint/ Presentation Notes: Sport Activity Highlight Videos (describe one skill or game play tactic you observed):	Health Topic #1: PowerPoint/Presentation Notes: Task: Health Topic #2: PowerPoint/Presentation Notes: Task:	Family Activity Choice:
4.	Warm-Ups 1. 2. 3. 4. 5.	Warm-Ups 1. 2. 3. 4. 5.	Motivational Video title: Speaker: Notes (takeaway):	Reading Article Reflection Evaluation (RARE) title #1: Notes: Reading Article Reflection Evaluation (RARE) title #2: Notes:	Pre-Exercise Heart Rate:

5.	Fitness Game Choice:	Physical Activity Workout Dance, Yoga, or Fitness Title: Dance, Yoga, or Fitness Instructor:	Pre-Exercise Heart Rate:	Pre-Exercise Heart Rate:	Warm-Ups 1. 2. 3. 4. 5.
6.	Post-Exercise Heart Rate:	Post-Exercise Heart Rate:	Warm-Ups 1. 2. 3. 4. 5.	Warm-Ups 1. 2. 3. 4. 5.	Fitness Activity Choice:
7.	Cool-Downs 1. 2. 3. 4. 5.	Cool-Downs 1. 2. 3. 4. 5.	Physical Activity Workout (do both) Cardio Title: Cardio Instructor: Kickboxing Title: Kickboxing Instructor:	Physical Activity Workout (do both) Dance Title: Dance Instructor: Yoga Title: Yoga Instructor:	Post-Exercise Heart Rate:
8.			Post-Exercise Heart Rate:	Post-Exercise Heart Rate:	Cool-Downs 1. 2. 3. 4.

				5.
9.		Cool-Downs 1. 2. 3. 4. 5.	Cool-Downs 1. 2. 3. 4. 5.	

Self Assessment Evaluation

Please rate your Daily Physical Activity Workout (cardio, kickboxing, dance, yoga, fitness) (0-3) using this rubric below:

0 (Moved none of the time with no intensity)

1 (Moved some of the time with little intensity)

2 (Moved most of the time with moderate intensity)

3 (Moved the entire time with high intensity)

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Weekly Average (add all 5 scores together and divide by 5):
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