**One Month Personal Fitness Plan**

***Project Grade and Final Exam***

*Grading Rubric*

*Fitness for Life – 8th Grade-Ms. McLean*

Due Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_



1. (**8 points**) You must have a Report Cover and a Cover Page.

Report cover:

(*title, your full name, teacher, subject, hour, due date, picture*)

My Fitness Plan- Softball Conditioning (example title)

1. (**10 points**) One page detailed description of your Fitness Goal. Must be attainable. Written in paragraph format.

**Opening paragraph**: What is your fitness goal and why did you choose this fitness goal for yourself?

**Body paragraph**: What is your plan? How will you incorporate the 5 health components and 6 skill components?

**Closing paragraph**: What benefit will you get out of completing this goal?

1. (**20 points**) Create an Excel Calendar or Draw a Calendar to show your Fitness Plan (one page) (4 weeks/ 28 days)

Fill in the Calendar in with 60 minutes or more of activities/exercises in each day. You may have one day for Rest. This Calendar must include all fitness components each week and follow all principals regarding these fitness components. (Muscular Strength, Muscular Endurance, Flexibility, Cardiorespiratory Endurance) Each activity should be marked with times.

(For example: On Monday…Muscular Strength 30 minutes + Cardio Endurance 30 minutes = 60 minutes total)

1. (**40 points**) After you create the calendar than list the details of each day’s activities. Describe Workout activities in each day with details. What exercises will you be doing, what muscles are you working out, weight, sets, reps, FREQUENCY (how often), TIME (how long) and INTENSITY (how hard)? How did you use FIT principles to change your workout from one week to the next to increase the difficulty?

This will most likely be 4 pages or more.

List Muscles you are Building:

List muscle you are using in this exercise. (All 16 muscles we learned in class should be incorporated in your plan).

Workout Type:

Full Body, Upper Body, Lower Body

Training Level:

Beginner, Intermediate, Advance

Frequency (Days Per Week): (How often you work)

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday

Intensity: Easy, Moderate, and Vigorous. ( How hard you work)

Time: -Length, 60 minutes or more per day. (How long you work)

Equipment Required:

Barbell, Bodyweight, Dumbbells, Exercise Ball, Machines, Bands, Medicine Balls, Boscu Trainer, etc……

Reps & Sets: 8-12 reps and 1 to 3 sets (Strength) OR 15-30 and 1 to 3 sets (Endurance)

1. (**16 points**) List Warm Up Exercises for all 16 muscles.
2. (**16 points**) List Cool Down Exercises for all 16 muscles.

**EVERYTHING MUST BE TYPED.**

**SEE ALL EXAMPLES ONLINE AT MY WEBSITE:**

**mcleanclassroom.weebly.com**