

NAME: _____

CLASS: _____

HKMS Physical Education: Fitness Unit Project

FITNESS STATIONS:*Please **RATE** your comfort level and likelihood of using the skill in the future; 1 (minimal) to 3 (maximum).***Agility** – Check off completion of Agility Ladder Patterns

	Completed		RATING		Completed		RATING
1 Foot in				2 Feet in			
Run Through				Double Run			
Scissors				Hopscotch			
Icky Shuffle				Backwards Icky			

Dumbbells – Record Weight used and reps completed for each dumbbell exercises completed.

	Set 1		Set 2		Set 3		RATING
	Weight	Reps	Weight	Reps	Weight	Reps	
Shoulder Press							
Bicep Curls							
Upright Rows							
Tricep Ext.							
Chest Press							

Power – Record height of Vertical Jump. Record Distance of Broad Jump. Check off completion of Plyometric Boxes.

	Attempt 1	Attempt 2	Attempt 3	Attempt 4	RATING
Vertical Jump					
Broad Jump					
Plyometric Boxes					

Coordination – Record time it took to upstack and downstack cups. Record maximum number of pencils you were able to catch without dropping any.

	Attempt 1	Attempt 2	Attempt 3	Attempt 4	RATING
Cup Stacking					
Pencil Ninja					

Physioballs – Check off completion of each Physioball exercise.

	Set 1	Set 2	Set 3	RATING
Crunches				
Push-ups				
Wall sits				
Wall Squats				

Reaction Time – Record your Ruler Drop results, what number did you land on? Check off completion of juggling.

	Attempt 1	Attempt 2	Attempt 3	RATING
Ruler Drop				
Juggling				

Balance – Record how long you were able to balance for.

	Attempt 1	Attempt 2	Attempt 3	RATING
1 Foot				
2 Feet				
V-Sit				

Medicine Balls – Check off completion of 2 sets of 10 reps per exercise.

	Set 1 (10 reps)	Set 2 (10 reps)	RATING
Chest Pass			
Tricep Pass			
Ab Pass			
Bounce Pass			
Squat Toss			

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HOMEWORK: Please match the appropriate areas of fitness from the diagram on your teacher's webpage to the blank diagram below. Also neatly list the exercises for each fitness area.

