

CREATE A MUSCULAR STRENGTH AND ENDURANCE ROUTINE

MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Guidelines

- Develop a routine with the goal of improving muscular strength and endurance for your whole body using different pieces of equipment.
- Include at least 6 different exercises to build muscular strength and endurance in your routine. You may use the same exercise more than once. However, your routine must include at least 6 different exercises to build muscular strength and endurance. Also include the muscles that are being used in each exercise.
- The routine must last at least 1 minute per exercise.
- The routine must include core, upper- and lower-body exercises.
- Transition between movements (exercises) must be quick and smooth.
- Make it creative.
- Write the routine on this card
- Perform routine at least 3 times and a parent must sign that routine was performed.

Exercise or transition	Counts	Exercise or transition	Counts
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

Parent Signature: _____

CREATE A WARM UP AND STRETCH ROUTINE

MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Guidelines

- Develop a warm up and stretch routine with the goal of improving flexibility.
- Include a warm up routine that will last 4 to 8 minutes. You may use the same exercise more than once.
- Include at least 6 different stretches in the stretch routine.
- The stretch routine must last at least 15 - 30 seconds per exercise/stretch.
- The routine must include upper- and lower-body exercises/stretch and name the muscles that are being used.
- Make it creative.
- Write the routine on this card
- Perform routine at least once and have a parent sign that routine was performed.

Warm-up or stretch Exercises	Counts	Warm-up or stretch Exercises	Counts
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

Parent Signature: _____

CREATE A FITNESS CIRCUIT

MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Guidelines

- Develop a fitness circuit with the goal of improving aerobic and muscular fitness for your whole body using different pieces of equipment.
- Include at least 6 different exercises to increase aerobic and muscular fitness in your routine. You may use the same exercise more than once. However, your routine must include at least 6 different exercises.
- The routine must include core, upper- and lower-body exercises and name the muscles that are being used during the circuit.
- Transition between movements (exercises) must be quick and smooth.
- Make it creative. Also include pictures of the exercises.
- Write the routine on this card
- Perform routine at least once and have a parent sign that routine was performed.

Warm-up or stretch Exercises	Counts	Warm-up or stretch Exercises	Counts
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

Parent Signature: _____

CREATE YOUR OWN FITNESS WORKOUT CARD

MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Guidelines

- Design a warm-up that includes the health-related fitness components of aerobic fitness, flexibility and muscular fitness. Write all the exercises in the boxes below. You may draw pictures to help explain the exercises. Also include the muscles that are being used during each activity.
- When done designing the routine, perform it at least 1 time.
- Parent signature _____ . Please sign after student has performed the routine at least 1 time.

Aerobic Fitness:

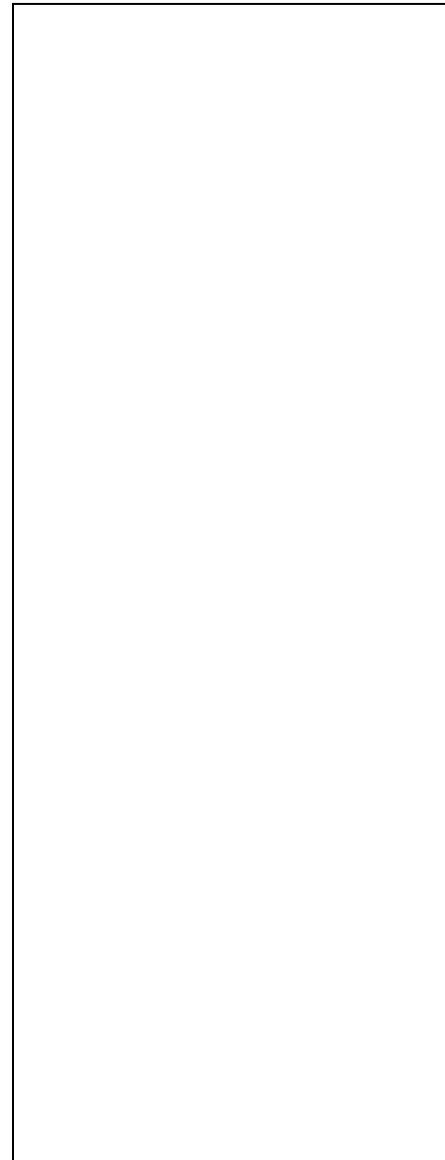
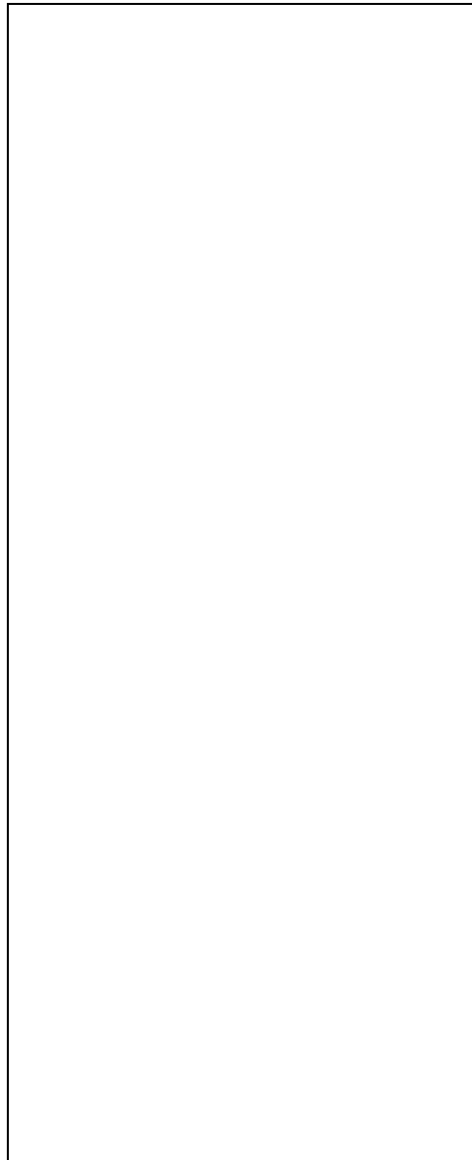
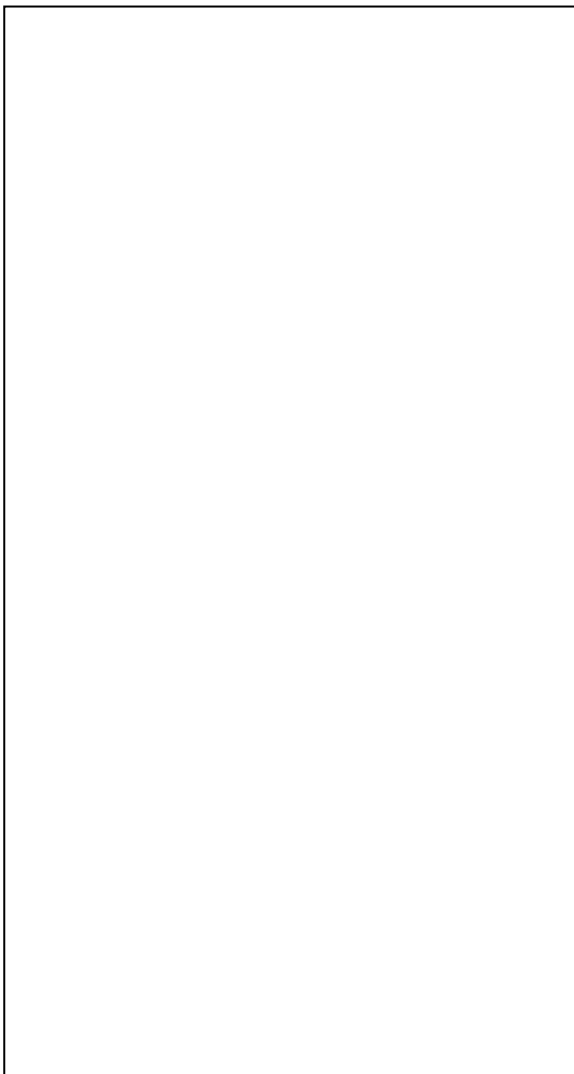
Flexibility

Muscular

Continuous for 3 mins.

Hold 15 to 30 sec. 2 X

1 Set or 1 Min. each



Volleyball: Create Your Own Game

MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

Your game/activity must.....

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list below to focus on the way to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram - game

Design Area:

Create Your Own Game

MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

Your game/activity must.....

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:

Fitness Game: Create Your Own Game

MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

Your game/activity must.....

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:

FRISBEE: Create Your Own Game - MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

Your game/activity must.....

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:

RACQUET BALL: Create Your Own Game - MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

Your game/activity must.....

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:

TENNIS: Create Your Own Game - MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

Your game/activity must.....

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:

Flag Football: Create Your Own Game - MAKE UP SHEET

Name: _____

Date: _____ Period: _____

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

Your game/activity must.....

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area: