

Mt. Eden High School



P.E Make-up #9

Name: _____

Period: _____ Roll # _____

Teacher: _____

FITNESS READINESS

Fitness means "readiness." Fit people are better equipped than non-fit people to handle day-to-day situations. Maintaining a high level of fitness is a lifelong challenge. In the past, during the frontier settlement in the U.S, most people were very active. Fitness and exercise were a part of everyday life. In fact, being fit was necessary for survival. Because people had so much activity during their day, they looked for ways to make their lives easier. Soon came the age of labor-saving-devices inventions that ranged from automobiles and dishwashers to electric shavers and hair dryers. Thousands of mechanical and electronic inventions made life is not good for one's health. As you see many labor-saving devices, exercise may become less a part of your routine. For this reason, it is important to plan regular times for structured exercise. In addition, you need to look for opportunities during the day that help build physical activity into your routine.

Do you look for opportunities to increase your level of fitness? Answer "YES" or "NO" to the following questions below to determine how well you incorporate activity into your day. Answer "YES" if your answer is "MOST OF THE TIME" and answer "NO" if your answer is "SOMETIMES"

1. Would you rather stand or sit?-----"YES" or "NO"
2. Would you rather sit or lie down?-----"YES" or "NO"
3. Do you use the stairs rather than an elevator or escalator?-----"YES" or "NO"
4. Do you walk briskly rather than walk slowly?-----"YES" or "NO"
5. If you see a penny on the ground, do you bend down to pick it up? -----"YES" or "NO"
6. Do you help your Mom carry in the groceries without being asked?-----"YES" or "NO"

Score yourself: Total number of "YES" answer=_____

6 Yes answers= you are the next Hercules (boy) or Xenia (girl). Congratulations!!

5 Yes answers= you are "Olympic" level material. Right ON!!!

4 Yes answers= your fitness level is outstanding. Good for you!!!

3 Yes answers =your fitness level is O.K but not really

2 Yes answers= I hope you have a good health insurance because you are going to need it!

1 Yes answers= Where can I send my get well card??

0 Yes answers= I am so sorry...

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

Strength Activity: For strength development do **4 separate days** of each of the following:

A. 2 sets of 10 push-ups & 2 sets of 20 sit-ups

Circle the days you complete push-ups and sit-ups

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

PARENT SIGNATURE: _____

DATE: _____