

NAME: _____

MOD: _____

DATE: _____

DUE: _____

WEEK LONG PHYSICAL ACTIVITY PLAN

DIRECTIONS: You will create a realistic 7 day exercise plan. Make sure that the activities you select and the days you choose to perform them are a real possibility should you decide to follow your plan. You may use the chart on the back of this page, or create your own chart on other paper. The guidelines for the exercise plan are listed below:

- Include at least 3 different activities you would enjoy participating in for the week
- Warm-ups and cool-downs can be the same each day
- PE class counts as a daily activity
- Place a * in the “*” row below the Days if you follow your plan for that day, how many *’s can you get?
- For each day, complete each of the following rows (each row is explained in the chart below):

WARM-UP	This should help slowly raise your heart rate closer to working heart rate. Remember the cliff drawing Mr. Iseman made on the board, climb up slow!
ACTIVITY	This is your main activity. This should be the longest of the three.
COOL-DOWN	This will help slowly bring your heart rate from “working” to “resting”. Remember the cliff drawing Mr. Iseman made on the board, don’t jump off!
WHEN WILL PERFORM (time of day)	What time of the day will you complete your exercise?
How Long will activity take? (act, warm-up, cool down)	How long will the entire exercise take? Add the time for the warm-up, main activity, and cool down.

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6th Grade Physical Activity - Weeklong Workout Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*							
WARM-UP							
ACTIVITY							
COOL- DOWN							
WHEN WILL PERFORM (time of day)							
How Long will activity take? (act, warm-up, cool down)							