

**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** What is mental health?
  
  
  
  
  
  
  
  
  
  
- **DOK 2:** How does your fitness affect your mental health?
  
  
  
  
  
  
  
  
  
  
- **DOK 3:** How is confidence related to this connection? What facts would you select to support your answer?
  - *(Write this answer on the back of this sheet.)*

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**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** What are the components of health-related fitness?
  
  
  
  
  
  
  
  
  
  
- **DOK 2:** Which of those components are the focus of Planking 4-Square?
  
  
  
  
  
  
  
  
  
  
- **DOK 3:** Can you predict the effect that good muscular fitness can have on a person's overall mental health? What examples can you provide to support your answer?

*(Write this answer on the back of this sheet.)*

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**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** What would you include on a list about leadership?
  
  
  
  
  
  
  
  
  
  
- **DOK 2:** How can you apply leadership in a physical activity or sport setting?
  
  
  
  
  
  
  
  
  
  
- **DOK 3:** How would you describe someone who is a leader in the area of physical activity and fitness in our community? In your family?

*(Write this answer on the back of this sheet.)*

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**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** What is core strength?
  
  
  
  
  
  
  
  
  
  
- **DOK 2:** What do you know about core strength?
  
  
  
  
  
  
  
  
  
  
- **DOK 3:** How is core strength related to physical health?

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**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** How can you recognize an activity or exercise that works to build muscular fitness?
- **DOK 1:** How can you recognize an activity or exercise that works to improve aerobic capacity?
- **DOK 2:** How would you compare and contrast these 2 types of exercises?
- **DOK 3:** What facts would you select to support the importance of including both types of activities in a fitness routine/plan?

*(Write this answer on the back of this sheet.)*

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**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** Identify the components of health-related fitness assessed by each FitnessGram® assessment.
  
- **DOK 2:** What do you know about each assessment?
  
- **DOK 3:** How can you apply what you learn from each assessment to help develop or modify your fitness routine/plan?

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**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** What is flexibility?
  
  
  
  
  
  
  
  
  
  
- **DOK 2:** How does stretching affect flexibility?
  
  
  
  
  
  
  
  
  
  
- **DOK 3:** Compare and contrast static stretching and dynamic stretching.

*(Write this answer on the back of this sheet.)*

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**BEST PRACTICES EXIT SLIP**

Name: \_\_\_\_\_

*Answer each question below.*

- **DOK 1:** Let's create a list of the muscles used for holding plank position.
  
- **DOK 2:** What did you notice about your performance as you continued to hold plank position?
  
- **DOK 3:** How can you adapt this activity to help improve other components of fitness?

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