


















**ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL SUMMER FITNESS PLANNER**

Complete the activity. When possible, be safely active with family or friends.

Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>My Learning Goals</b>	I will create choice board activity choices that work to improve my aerobic capacity.	I will create choice board activity choices that work to improve my muscular fitness.	I will create a choice board that will help me demonstrate growth mindset throughout the summer.	I will use positive self-talk to help me with self-motivation.	I will work to empower my family and friends by encouraging them to be physically active.
<b>Today's Vocabulary</b>	<b>AEROBIC CAPACITY</b> The body's ability to take in, transport, and use oxygen during vigorous physical activity.	<b>MUSCULAR FITNESS</b> The combined ability of a muscle to demonstrate strength and resist fatigue.	<b>GROWTH MINDSET</b> A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point.	<b>SELF-MOTIVATION</b> The force that drives you to work toward goals and general self-improvement.	<b>EMPOWERMENT</b> The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.
<b>Warm-Up Activity</b>	Choose a Warm-up from <a href="https://darebee.com">Darebee.com</a>	Choose a Warm-up from <a href="https://darebee.com">Darebee.com</a>	Choose a Warm-up from <a href="https://darebee.com">Darebee.com</a>	Choose a Warm-up from <a href="https://darebee.com">Darebee.com</a>	Choose a Warm-up from <a href="https://darebee.com">Darebee.com</a>
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <u>BUILD YOUR CHOICE BOARD</u> (worksheet)	<b>Activity 2:</b> <u>BUILD YOUR CHOICE BOARD</u> (worksheet)	<b>Activity 3:</b> <u>USE YOUR CHOICE BOARD</u> (worksheet)	<b>Activity 4:</b> <u>USE YOUR CHOICE BOARD</u> (worksheet)	<b>Activity 5:</b> <u>USE YOUR CHOICE BOARD</u> (worksheet)
<b>Daily Movement Activity</b>	Your Choice 60 Minutes	Your Choice 60 Minutes	Your Choice 60 Minutes	Your Choice 60 Minutes	Your Choice 60 Minutes
<b>Refocus</b>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>
<b>Did You Complete the Fitness Log?</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>
<b>How am I feeling today?</b>	  	  	  	  	  



# Fitness Forward Choice Board

Use this choice board worksheet to create summer physical activity options.  
First, create options that build aerobic capacity. Second, create options that build muscular strength.  
Third, create options from your favorite family fun activities.  
During Summer Vacation, keep this choice board on your wall for ideas for staying healthy and active.

**Student Name:**

Aerobic Capacity:	Muscular Fitness:	Family Fun:	Physical Activity Favorites:
Aerobic Capacity:	Muscular Fitness:	Family Fun:	Physical Activity Favorites:
Aerobic Capacity:	Muscular Fitness:	Family Fun:	Physical Activity Favorites:

Fill out the entire choice board and then submit your completed board to your physical education teacher.

**SELF-MOTIVATION** /noun/ The force that drives you to work toward personal goals and general self-improvement.

# TOOLS FOR LIVING **AN ACTIVE LIFESTYLE**

## **SELF-EFFICACY & SOCIAL SUPPORT**

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

Date: \_\_\_\_\_

**Directions: Mark “Yes” or “No” for the first 8 items, then write short responses for the final items.**

	YES	NO
I think I can ask an adult (teacher or family member) to help me find opportunities to be physically active.	<input type="checkbox"/>	<input type="checkbox"/>
I think I can ask a friend or family member to be physically active with me.	<input type="checkbox"/>	<input type="checkbox"/>
I think I have the skills I need to continue to be physically active throughout the summer.	<input type="checkbox"/>	<input type="checkbox"/>
I think I have the knowledge I need to improve or maintain my fitness throughout the summer.	<input type="checkbox"/>	<input type="checkbox"/>
I think I know where to find resources to learn more about physical activities that I like.	<input type="checkbox"/>	<input type="checkbox"/>
I think I will participate in physical activity for 60 minutes each day throughout the summer.	<input type="checkbox"/>	<input type="checkbox"/>
I think I will feel comfortable participating in physical activities with my peers throughout the summer.	<input type="checkbox"/>	<input type="checkbox"/>
I think that physical activities that I enjoy can help me stay active and healthy in the future.	<input type="checkbox"/>	<input type="checkbox"/>

**If you could choose any physical activity option, what would you choose?  
Why would that be your choice?**

**Did you enjoy the challenges that you face while learning a new physical activity skill or concept? Why or why not?**