Riverbend High School
BENEFITS OF PHYSICAL EDUCATION

- Counteracts major risk factors of heart disease
- Improves muscular strength, flexibility, endurance
- Improves self-esteem and self-control
- Helps regulate weight control, tones muscles
- Helps people strive for achievable, personal goals
- Helps students make appropriate decisions about their behavior

---

Student Goals

- All students should become physically educated so that they:
- Learn skills necessary to perform a variety of physical activities.
- Participate regularly in physical activity
- Know the implications of and benefits from involvement in physical activities
- Value physical activity and its contributions to a balanced lifestyle

---

Personal Fitness Goal Setting Action Plan

NAME ___________________________________________ DATE___________ BLOCK

I. Future Direction
List three realistic goals that you could implement to help you improve your current health status. Look at your present fitness level and write your goals based on the performance of your three weakest areas.

1. ___________________________________________________________________________________

2. ___________________________________________________________________________________

3. ___________________________________________________________________________________

II. Priorities
Using the above list, select your top two goals in order of importance.

1. ___________________________________________________________________________________

2. ___________________________________________________________________________________

III. The Most Important Priority
Select one of the above goals which you consider as the most important health-related fitness priority for you, and one which you would really like to work on during the current semester of school. Write that goal below and set dates for starting towards and reaching that goal.

Goal ___________________________________________

Target Date: Start _______________ Completion _______________

IV. Helps and Hindrances
What will help you reach your goal? What will stand in the way?

1. ___________________________________________

2. ___________________________________________

3. ___________________________________________

***Establish a mental model. Think about the people, steps, and dates you must consider to reach your goal. In order to design a personal fitness program you should follow your specific steps.***
Purpose: To emphasize the physical and health benefits received from a personal fitness program.

1. Physical activity which contributes to all health related components of physical fitness can develop and maintain certain aspects of one's health. Identify three health problems less likely to occur as a result of a personal fitness program.
   A. __________________________________________________________________________
   B. __________________________________________________________________________
   C. __________________________________________________________________________

2. With one (1) being most important and six (6) the least important, rank the following contributions of a personal fitness program, in terms of their importance to you.
   _____ A. Appearance
   _____ B. Enjoyment and satisfaction
   _____ C. Prevention of injuries
   _____ D. Health
   _____ E. Relaxation
   _____ F. More energy

3. As a result of participation in a personal fitness program, which of the following improvements would you expect in your appearance.
   _____ Improved posture
   _____ Muscle tone
   _____ Efficient body movement
   _____ Less fat tissue
   _____ Improved complexion

4. List three goals of personal fitness you would like to achieve in the next three months.
   A. __________________________________________________________________________
   B. __________________________________________________________________________
   C. __________________________________________________________________________
**Fitnessgram**  
**Virginia State Standard Fitness Goals 2011-2012**

**GIRLS**

<table>
<thead>
<tr>
<th>Age</th>
<th>Curl Ups Abdominal Strength</th>
<th>Pacer- Aerobic Capacity</th>
<th>Push Up-Upper Body Strength</th>
<th>Sit and Reach Flexibility</th>
<th>Trunk Lift</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>18-32</td>
<td>23-51</td>
<td>7-15</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>14</td>
<td>18-32</td>
<td>23-51</td>
<td>7-15</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>15</td>
<td>18-35</td>
<td>32-51</td>
<td>7-15</td>
<td>12</td>
<td>9</td>
</tr>
<tr>
<td>16</td>
<td>18-35</td>
<td>32-61</td>
<td>7-15</td>
<td>12</td>
<td>9</td>
</tr>
<tr>
<td>17</td>
<td>18-35</td>
<td>41-61</td>
<td>7-15</td>
<td>12</td>
<td>9</td>
</tr>
</tbody>
</table>

**BOYS**

<table>
<thead>
<tr>
<th>Age</th>
<th>Curl Ups Abdominal Strength</th>
<th>Pacer- Aerobic Capacity</th>
<th>Push Up-Upper Body Strength</th>
<th>Sit and Reach Flexibility</th>
<th>Trunk Lift</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>21-40</td>
<td>41-83</td>
<td>12-25</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>14</td>
<td>24-45</td>
<td>41-83</td>
<td>14-30</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>15</td>
<td>24-47</td>
<td>51-94</td>
<td>16-35</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>16</td>
<td>24-47</td>
<td>61-94</td>
<td>18-35</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>17</td>
<td>24-47</td>
<td>61-106</td>
<td>18-35</td>
<td>8</td>
<td>9</td>
</tr>
</tbody>
</table>

**Complete your personal Fitness Goals!**

<table>
<thead>
<tr>
<th></th>
<th>Sit &amp; Reach</th>
<th>Pacer</th>
<th>Push-Ups</th>
<th>Curl-ups</th>
<th>Trunk Lift</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baseline Testing</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2nd Quarter Goals</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2nd Quarter Testing</strong></td>
<td></td>
<td></td>
<td></td>
<td>Met Goals?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td><strong>3rd Quarter Goals</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3rd Quarter Testing</strong></td>
<td></td>
<td></td>
<td></td>
<td>Met Goals?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td><strong>4th Quarter Goals</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4th Quarter Testing</strong></td>
<td></td>
<td></td>
<td></td>
<td>Met Goals?</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>