

Worksheet #1: Pedometer Report & Physical Activity Reflections

After reading your PE Class Pedometer Report from complete the following:

Activity 1: How Active Am I? (2 pts)

1) My **Average Daily Activity Time** is (whole minutes only – no seconds): _____

Think about it: If the overall recommendation is to get 60 minutes per day of activity time – how much MORE time do you need to get for a total of 60 minutes?

2) 60 minutes minus my **Average Daily Activity Time** (from #1 above) = _____

Think about it: This is the remaining time you want to put in each day for a healthy and active lifestyle. So, what do you enjoy doing outside of school? What can you do to be healthy & happy?

Activity 2: MVPA Time (2 pts)

We want you to be as active as possible in P.E. class to maximize your health benefits. Is your **Average MVPA Time 50% or more of your Average Physical Activity (PA) Time**? Divide PA Time by MVPA Time. (Example: 50 minutes MVPA time divided by 100 minutes Activity Time = .50 or 50%).

1) “My Average Daily MVPA” divided by “My Average Daily Activity Time” = _____
(change answer from a decimal into a percentage - %)

2) List **ONE strategy** you will try in PE Class to increase your overall MVPA time?

Example: jog in place while waiting at drinking fountain.

My strategy is to.... _____

Activity 3: What do I enjoy? (9 pts)

Activities & Interests: <i>What are 2 activities you have enjoyed most in PE? *#3: List 1 not done in PE & you already enjoy or want to learn.</i>	Location(s): <i>Where in our community can you do this activity regularly outside of PE class? List 1 – 2 locations per box (includes your home, if applicable).</i>	Health-Related Fitness: <i>What is 1 main component of fitness this activity helps you work on? (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility?) – Pick one.</i>
1) <i>Learned in PE class:</i>		
2) <i>Learned in PE class:</i>		
3) <i>*Learned outside of PE – or a new one I want to learn:</i>		

Activity 4: Creating your “MAPS” (5 pts)

After watching the Brian Johnson YouTube video – Philosopher’s Notes about the book “No Sweat” by Michelle Segar answer:

- 1) “Doing what you enjoy is a *better* motivator for sustaining physical activity than exercising because you think you *should*.” - Do you agree or disagree?

Tell me why: (2 pts)

- 2) “Start by taking any and every Opportunity To Move (your OTMs), in any way possible, at whatever speed you like, for any amount of time.” - List some OTM’s you can take advantage of in your daily life and/or while at school?

List 3 specific ideas you can start or already do: (3 pts).

1)

2)

3)

From the Book “No Sweat”:

MEANING:

“Your *Meaning* for exercise creates your relationship with and approach to exercise.”

AWARENESS:

“*Awareness* helps you identify what’s been standing in your way and discover activities that motivate you.”

PERMISSION:

“Giving yourself *Permission* to prioritize your own self-care—to feel better every day—provides the fuel you need for daily living, reaching goals, and powers your own sense of well-being.”

STRATEGY:

“Use learning and negotiations *Strategies* to sustain the lifelong gift of physical activity.”

HOMEWORK (2 pts):

Select one and write about it when you return to class. Due by Friday. Put a reminder in your agenda.

- Homework Activity #1:** Tell your parent how the pedometer works, what MVPA & Activity Time means and why measuring MVPA and activity time is important. What did they think?

- Homework Activity #2:** Talk with your family: what lifetime activities do you want to learn more about that you can do together? Is there anything you enjoy doing now? Tell me about 1 - 2 activity ideas or things you already do together.