

## 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) What is your **Average Daily Activity Time**? \_\_\_\_\_ (my PE time)

If the overall recommendation is to get 60 minutes per day of activity time – how much MORE time do you need to get a total of 60 minutes (PE Time + ???? = 60 minutes). Do the math 😊

2) 60 minutes minus (my PE time) = \_\_\_\_\_

This answer is the remaining time you want to put in each day to maintain 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 Time**? Divide your PA Time by MVPA Time. (Example: 50 minutes MVPA time divided by 100 minutes Activity Time = 50%).

1) “My Average Daily MVPA” divided by “My Average Daily Activity Time” = \_\_\_\_\_ (%)

2) List **ONE strategy** you try to do more of in PE Class to increase your overall MVPA time?  
(Example: jog in place while waiting at drinking fountain)

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

<b>Activities:</b> <i>What are 2 activities you have enjoyed the most in PE?                      *#3: List 1 not done in PE &amp; you already enjoy or want to learn.</i>	<b>Location(s):</b> <i>Where in our community can you do this activity regularly?                      List 1 – 2 locations (including your home if applicable).</i>	<b>Health-Related Fitness:</b> <i>What is 1 main component of fitness this activity helps you work on?                      (Cardiorespiratory, Strength, Endurance, Flexibility?)</i>
1) <i>*learned in PE:</i>		
2) <i>*learned in PE:</i>		
3) <i>*outside of PE – already enjoy or 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.”**

What are some OTM’s you can take more advantage of in your daily life? Brainstorm 3 ideas you can start trying: (3 pts)

- 1)
- 2)
- 3)

***From the Book:***

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 of these and then write about it when you return this week. 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? List 1 - 2 activity ideas.