Laguna Middle School Physical Education Department

Personal Physical Fitness Plan Worksheet

Name: _____

Please thoughtfully answer all questions below and complete the two-week physical fitness log. Your Personal Physical Fitness Plan and two week fitness log is **due on Tuesday May 29, 2007**. **Please give this assignment your best effort.**

1. Reflecting on what you learned in physical education this year, what physical activities could you participate in that would improve personal muscle strength and endurance, flexibility, body composition, and aerobic endurance? [Brainstorm]

2. Of all the activities listed above, what are your personal preferences for improving personal muscle strength and endurance, flexibility, body composition, and aerobic endurance? [Selection]

3. What activity or activities will you participate in during the summer to maintain your fitness levels before starting high school?