



SUN WEST
SCHOOL DIVISION

Success for all

SUN WEST SCHOOL DIVISION

PHYSICAL EDUCATION

PERSONAL FITNESS PLAN

STEP 1: Starting Point

STEP 2: SMART Strategy

STEP 3: Design Plan

STEP 4: Log Your Progress

STEP 5: Celebrate Success



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PHYSICAL EDUCATION

S.M.A.R.T. GOALS

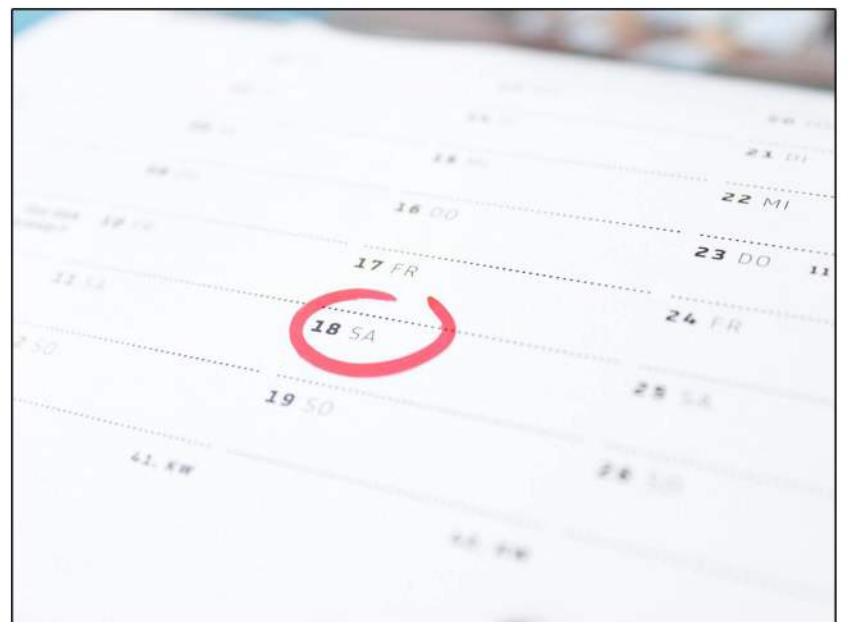
Specific

Measurable

Action Oriented

Realistic

Time Bound





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PHYSICAL EDUCATION

THE FITT PRINCIPLE



Frequency

Intensity

Time

Type





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PHYSICAL EDUCATION

TRAINING PRINCIPLES

- Overload
- Progression
- Specificity
- Reversibility





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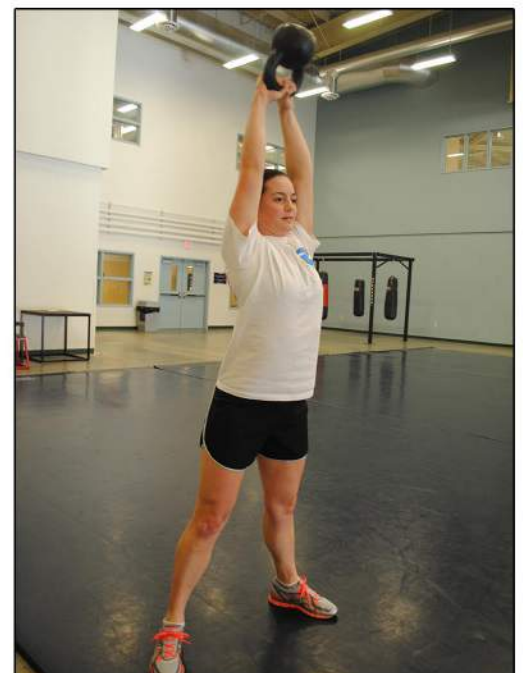
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PHYSICAL EDUCATION

HEALTH RELATED FITNESS

- Cardiorespiratory
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition





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PHYSICAL EDUCATION

SKILL RELATED FITNESS



- Agility
- Balance
- Coordination
- Power
- Reaction Time
- Speed

