

Tic-Tac-Toe for Student Choice Activities

<p>1. Design an exercise program for one week using the components of physical fitness.</p> <p>Cardiovascular Endurance Muscle Endurance Muscle Strength Flexibility Body Composition</p>	<p>2. Develop a Venn Diagram comparing and contrasting muscle strength and muscle endurance.</p>	<p>3. Write a letter to Mrs. Crews telling why physical fitness is important for a healthy lifestyle.</p>
<p>4. Draw an illustration and explain the element of dance, space, time, and force.</p>	<p>5. Design a 32-count dance using the elements of dance, space, time, and force.</p>	<p>6. Put the vocabulary of components of physical fitness in your own words so an elementary student could understand them.</p> <p>Cardiovascular Endurance Muscle Endurance Muscle Strength Flexibility Body Composition</p>
<p>7. Develop a Venn Diagram comparing and contrasting the elements of dance, space, and force.</p>	<p>8. Keep an exercise journal for one week us the FITT principals. Determine your frequency, intensity, time, and type.</p>	<p>9. Draw an illustration and explain four of the five components of physical fitness.</p> <p>Cardiovascular Endurance Muscle Endurance Muscle Strength Flexibility Body Composition</p>

Name _____ I chose activities # _____, # _____, # _____.

Date _____ Due date _____