NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HKMS Physical Education: Fitness Unit Project

**FITNESS STATIONS:**

*Please* ***RATE*** *your comfort level and likelihood of using the skill in the future; 1 (minimal) to 3 (maximum).*

**Agility** – Check off completion of Agility Ladder Patterns

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Completed | RATING |  | Completed | RATING |
| 1 Foot in |  |  |  | 2 Feet in |  |  |  |
| Run Through |  |  |  | Double Run |  |  |  |
| Scissors |  |  |  | Hopscotch |  |  |  |
| Icky Shuffle |  |  |  | Backwards Icky  |  |  |  |

**Dumbbells** – Record Weight used and reps completed for each dumbbell exercises completed.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Set 1 | Set 2 | Set 3 | RATING |
|  | Weight  | Reps | Weight  | Reps | Weight  | Reps |  |
| Shoulder Press |  |  |  |  |  |  |  |
| Bicep Curls |  |  |  |  |  |  |  |
| Upright Rows |  |  |  |  |  |  |  |
| Tricep Ext. |  |  |  |  |  |  |  |
| Chest Press |  |  |  |  |  |  |  |

**Power** – Record height of Vertical Jump. Record Distance of Broad Jump. Check off completion of Plyometric Boxes.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Attempt 1 | Attempt 2 | Attempt 3 | Attempt 4 | RATING |
| Vertical Jump |  |  |  |  |  |
| Broad Jump |  |  |  |  |  |
| Plyometric Boxes |  |  |  |  |  |

**Coordination** – Record time it took to upstack and downstack cups. Record maximum number of pencils you were able to catch without dropping any.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Attempt 1 | Attempt 2 | Attempt 3 | Attempt 4 | RATING |
| Cup Stacking |  |  |  |  |  |
| Pencil Ninja |  |  |  |  |  |

**Physioballs** – Check off completion of each Physioball exercise.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Set 1 | Set 2 | Set 3 | RATING |
| Crunches |  |  |  |  |
| Push-ups |  |  |  |  |
| Wall sits |  |  |  |  |
| Wall Squats |  |  |  |  |

**Reaction** **Time** – Record your Ruler Drop results, what number did you land on? Check off completion of juggling.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Attempt 1 | Attempt 2 | Attempt 3 | RATING |
| Ruler Drop |  |  |  |  |
| Juggling |  |  |  |  |

**Balance** – Record how long you were able to balance for.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Attempt 1 | Attempt 2 | Attempt 3 | RATING |
| 1 Foot |  |  |  |  |
| 2 Feet |  |  |  |  |
| V-Sit |  |  |  |  |

**Medicine** **Balls** – Check off completion of 2 sets of 10 reps per exercise.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Set 1 (10 reps) | Set 2 (10 reps) | RATING |
| Chest Pass |  |  |  |
| Tricep Pass |  |  |  |
| Ab Pass |  |  |  |
| Bounce Pass |  |  |  |
| Squat Toss |  |  |  |