

Teacher Workbooks

Physical Education Series



Health



Sports



Activity Performance and Forms
Volume 1

Teachnology Publishing Company

Teacher Workbooks

Physical Education Series
Activity Performance and Forms
Volume 1

© Copyright 2003
Teachnology Publishing Company
A Division of Teachnology, Inc.

For additional information, visit us at www.teachnologypublishing.com

Table of Contents

Theme

Activity Performance Sheets.....	1- 13
Teacher Forms	14- 25

Standards

National P.E. Content Standard: knows the implications of and the benefits from involvement in physical activities	1-6, 8, 14, 18, 20
National P.E. Content Standard: is physically fit.....	7, 9
National P.E. Content Standard: has learned skills Necessary to perform a variety of physical activities	10-12, 17, 21-23
National P.E. Content Standard: values physical activity and its contribution to a healthy lifestyle.....	19, 24-25

Student: _____ Period: _____

*** FITNESS DEFINITION WORKSHEET***

Instructions: For each word listed below write the definition and give an example of an exercise or activity to improve this area.

1. Flexibility:

Definition: _____

Improvement: _____

2. Strength:

Definition: _____

Improvement: _____

3. Coordination:

Definition: _____

Improvement: _____

4. Speed:

Definition: _____

Improvement: _____

5. Agility:

Definition: _____

Improvement: _____

6. Balance:

Definition: _____

Improvement: _____

7. Endurance: (cardio)

Definition: _____

Improvement: _____

Student: _____ Period: _____

Fitness Goal Worksheet

Instructions: Write five fitness test items and one specific goal for each of your selections.

1. Fitness component: _____

Goal: _____

2. Fitness component: _____

Goal: _____

3. Fitness component: _____

Goal: _____

4. Fitness component: _____

Goal: _____

5. Fitness component: _____

Goal: _____

STUDENT: _____ PERIOD: _____

FITNESS PROGRAM WORKSHEET

INSTRUCTIONS: List five specific statements to be considered when planning your own personal fitness work-out.

1. _____

2. _____

3. _____

4. _____

5. _____

Instructions: Choose one statement from the above list and explain why it is important to you.

STUDENT: _____ PERIOD: _____

HEART RATE WORKSHEET

INSTRUCTIONS: Define the following words related to the heart using complete sentences.

1. HEART RATE:

2. RESTING HEART RATE:

3. TRAINING ZONE:

4. MAXIMUM HEART RATE:

5. TARGET HEART RATE:

STUDENT: _____ PERIOD: _____

MUSCLE LEARNING WORKSHEET

***INSTRUCTIONS:** Answer the following questions using the information taught during this unit.

1. The definition of a muscle is: _____

2. The muscular system main goal is to: _____

3. The three types of muscles are: _____

4. The difference between a voluntary and involuntary muscle is: _____

5. The total number of muscles that can be found in the human body is: _____

STUDENT: _____ PERIOD: _____

STRETCHING WARM-UP WORKSHEET

*Instructions: For each of the letters below select one exercise and the major muscle it stretches.

A. STRETCH: _____

MUSCLE: _____

B. STRETCH: _____

MUSCLE: _____

C. STRETCH: _____

MUSCLE: _____

D. STRETCH: _____

MUSCLE: _____

E. STRETCH: _____

MUSCLE: _____

F. STRETCH: _____

MUSCLE: _____

G. STRETCH: _____

MUSCLE: _____

STUDENT: _____ SCHOOL: _____

THREE YEAR FITNESS EVALUATION

PRE-TEST

YEAR	MILE	SIT-UPS	SHUTTLE	REACH	HANG/PULL-UPS
_____	_____	_____	_____	_____	_____/_____
_____	_____	_____	_____	_____	_____/_____
_____	_____	_____	_____	_____	_____/_____

POST-TEST

YEAR	MILE	SIT-UPS	SHUTTLE	REACH	HANG/PULL-UPS
_____	_____	_____	_____	_____	_____/_____
_____	_____	_____	_____	_____	_____/_____
_____	_____	_____	_____	_____	_____/_____

STUDENT: _____ PERIOD: _____

WEEKLY FITNESS WORK-OUT PLAN

GOALS: _____

MONDAY:

ACTIVITY: _____

TIME: _____

TUESDAY:

ACTIVITY: _____

TIME: _____

WEDNESDAY:

ACTIVITY: _____

TIME: _____

THURSDAY:

ACTIVITY: _____

TIME: _____

FRIDAY:

ACTIVITY: _____

TIME: _____

STUDENT: _____ PERIOD: _____

WARM-UP WORKSHEET

INSTRUCTIONS: Record your score for each of the following warm-up skills.

						TOTAL
A. LAPS:	1. _____	2. _____	3. _____	4. _____	5. _____	_____
B. CRUNCHES:	1. _____	2. _____	3. _____	4. _____	5. _____	_____
C. PUSH-UPS:	1. _____	2. _____	3. _____	4. _____	5. _____	_____
D. JUMP ROPE:	1. _____	2. _____	3. _____	4. _____	5. _____	_____
E. OTHER:	1. _____	2. _____	3. _____	4. _____	5. _____	_____

CLASS TOTALS

LAPS	CRUNCHES	PUSH-UPS	JUMP ROPE	OTHER
_____	_____	_____	_____	_____

STUDENT: _____ PERIOD: _____

WEIGHT MACHINE WORKSHEET

***Instructions: List eight machines below and one specific muscle group for each question.**

1. Machine: _____

Muscle: _____

2. Machine: _____

Muscle: _____

3. Machine: _____

Muscle: _____

4. Machine: _____

Muscle: _____

5. Machine: _____

Muscle: _____

6. Machine: _____

Muscle: _____

7. Machine: _____

Muscle: _____

8. Machine: _____

Muscle: _____

STUDENT: _____ PERIOD: _____

WEIGHT TRAINING RECORD WORKSHEET

Instructions: Fill in the information below for each work-out performed in class.

MACHINE	DAY 1 WT/ REPS	DAY 2 WT/REPS	DAY 3 WT/REPS	DAY 4 WT/REPS	DAY 5 WT/REPS
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____
_____	____/____	____/____	____/____	____/____	____/____

Group Members _____

Due Date _____

WORK-OUT ROUTINE WORKSHEET

Instructions:

- *This activity may be completed individually or in a group.
- * Each person or group is required to present their own three minute work-out routine on one of the fitness routines practiced in class.
- *Selection of the work-out may be teacher or student directed. Student selected routine must have prior approval.
- *Please complete the following worksheet as you prepare your work-out. You may use this worksheet as a guide during your presentation.

A. Selected Work-out: _____

B. Music: _____(approved by teacher)

C. Counts: _____

D. Moves: 1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

PROJECT GRADE: _____

ADAPTED EVALUATION WORKSHEET

Instructions: For each student being recommended for Adapted Physical Education complete the following information:

STUDENT: _____ GRADE: _____

REASON FOR REFERRAL: Select one of the following: _____

1. Medical

2. Fitness Improvement

3. Motor Skill Improvement

SPECIFIC AREAS OF CONCERN:

TEACHER: _____ DATE: _____

STUDENT: _____ PERIOD: _____

GROUP: _____ PERIOD: _____

_____ DUE: _____

CREATE YOUR OWN GAME WORKSHEET

***INSTRUCTIONS:** Create your own game with your group using at least five of the twenty pieces of equipment listed below.

SELECTION OF EQUIPMENT

- | | |
|-----------------|------------------------|
| 1. BLINDFOLDS | 11. RUBBER CHICKEN |
| 2. CLOTHES PINS | 12. ROPE |
| 3. BASES | 13. CARPET SQUARES |
| 4. BEAN BAGS | 14. EARTH BALL |
| 5. FOAM BALLS | 15. FLEECE BALLS |
| 6. BUCKETS | 16. PLAYING CARDS |
| 7. FLAG BELTS | 17. CONES |
| 8. HULA HOOPS | 18. SCOOTERS |
| 9. FOX TAIL | 19. CONSTRUCTION PAPER |
| 10. FRISBEE | 20. MATS |

NAME OF GAME: _____

PROJECT GRADE: _____

UNIT: _____ GRADE: _____

CURRICULUM WORKSHEET

STATE STANDARDS:

RECOMMENDED SKILLS:

LEAD-UP ACTIVITIES:

KNOWLEDGE:

ASSESSMENT:

UNIT: _____ GRADE: _____

DAILY LESSON PLAN WORKSHEET

LEARNING STANDARDS:

OBJECTIVES:

WARM-UP ACTIVITY:

SKILL FOCUS:

ASSESSMENT/EVALUATION:

EQUIPMENT:

GAME PEER EVALUATION

POINTS	SKILL PERFORMANCE
5	Student demonstrates all the learned skills very well during the game.
5	Student demonstrates most of the learned skills well during the game.
3	Student demonstrates some of the learned skills sometimes in the game.
2	Student demonstrates very few of the learned skills during the game.
1	Student lacks most of the skills learned when playing in the game.

STUDENT	POINTS
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

STUDENT: _____ DATE: _____

INACTIVE STUDENT WORKSHEET

***INSTRUCTIONS:** Answer the following questions on your own using two or more complete sentences.

This worksheet must be signed by your parents or guardian and returned to your teacher the next class period.

1. The reason I am not participating in today's class is because: _____

2. The skills we are learning today in class are: _____

3. Students in my class could improve their skills by: _____

4. Two questions I could ask my classmates at the end of class for review are:

5. One action I could take to be able to participate in the next class is: _____

SIGNATURE: _____

PHYSICAL EDUCATION

CONTRACT

*An important part in developing positive interaction between you and your peers is to have an agreement between everyone about the ground rules. It will be referred to as the PHYSICAL EDUCATION CONTRACT. This agreement will be used during the year to promote a positive and safe environment for learning.

I agree to honor the five following statements of the PHYSICAL EDUCATION CONTRACT:

1. I will agree to say positive comments to myself and others during class.
2. I will agree to be open-minded to new activities and ideas.
3. I will agree to demonstrate responsible behavior in class.
4. I will agree to communicate and work cooperatively with teacher and peers.
5. I will agree to follow all safety guidelines at all times.

* By signing this contract, I agree to take full responsibility for the statements and I do hereby initiate this agreement with my signature.

(FULL NAME OF STUDENT)

(CONTRACT DATE)

(TEACHER)

STUDENT: _____ PERIOD: _____

PHYSICAL EDUCATION MEDICAL PROJECT

Directions: Students that are unable to participate actively in class must give a five- minute presentation and complete this worksheet to receive credit this quarter.

Name of Current Unit:

A. _____

Selected Topic:

B. _____

Date of Presentation:

C. _____

Physical Education Teacher:

D. _____

Major Ideas:

GRADE: _____

Student _____

Period _____

Group Members _____

Due Date _____

SPORTS DRILL WORKSHEET

Instructions:

- *This activity may be completed individually or in a group.
- *Each person or group is required to present one five minute drill on a pre-selected skill introduced in a current Physical Education unit.
- *Selection of a skill may be teacher or student directed. Student selected topic must have prior approval.
- *Please complete the following worksheet as you prepare your drill. You may use this worksheet as a guide during your presentation.

A. Physical Education Unit: _____

B. Selected Skill: _____

C. Major Ideas: _____

* _____

* _____

* _____

* _____

D. Equipment Needed: _____

E. Name of Drill: _____

PROJECT GRADE: _____

STUDENT: _____ PERIOD: _____

STUDENT/TEACHER EVALUATION

*Instructions: Circle one number for each of the four student selections.

1. SKILL DEVELOPMENT:	student	1	2	3	4	5
		<hr/>				
		weak				strong
	teacher	1	2	3	4	5
		<hr/>				
		weak				strong
2. GAME KNOWLEDGE:	student	1	2	3	4	5
		<hr/>				
		weak				strong
	teacher	1	2	3	4	5
		<hr/>				
		weak				strong
3. TEAMWORK:	student	1	2	3	4	5
		<hr/>				
		weak				strong
	teacher	1	2	3	4	5
		<hr/>				
		weak				strong
4. SPORTSMANSHIP:	student	1	2	3	4	5
		<hr/>				
		weak				strong

TEAM: _____

PERIOD: _____

* TOURNAMENT RECORD SHEET*

OPPONENT	WIN	LOSS	TIE	SCORE
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
TOTALS:	_____	_____	_____	_____

STUDENT: _____ PERIOD: _____

UNIT EVALUATION

***INSTRUCTIONS:** Answer the following questions in complete sentences using your knowledge from this current unit.

1. What did you enjoy most about this current unit?

2. What did you least like about this unit?

3. What skills did you improve during this unit?

4. What skill would you like to still improve on?

5. Where could you use these skills outside of class?

STUDENT: _____ PERIOD: _____

YEARLY ACTIVITY EVALUATION

1. What activities were the most enjoyable for you to participate in this year?

2. What activities would you like to have an opportunity to participate in next year?

1. What activities would you continue to do outside school?

2. What activities helped you improve your goal of becoming healthier?

3. What activities challenged you the most during the year?
