

Empower your students to take ownership of their physical health * Increase your teaching effectiveness with:

The 8 Components of a Physical Activity for PE

1 P.E. Lessons
What topic am I learning in PE
that is related to this activity?

*Competency in motor skills and movement patterns needed to perform a variety of physical activities.

Which of the 4/5 fitness components are achieved with this activity?

*Aerobic capacity; muscle strength and endurance

8 Goals
Is the activity helping me achieve my SMART goals?

*Riding my bike is helping me achieve my fitness goal.

7 Habits

How is doing this activity

affecting my sleep, screen time?

*I slept 8 hours. 0 screen time.

6 Health Tools
What was my heart rate? How intense was the activity, how long?

*Heart rate: 102. Intensity light. 30min

Activity: *Riding my bike around the house

A well-designed physical activities log will give you great insight into what your students are learning from you and help you be more effective

5 SEL Impact
How did I feel during and after the activity?

*I felt tired after 30 minutes but I feel good now.

3 Discipline and Motivation
Am I applying FITT principles with this activity?

*Yes. I ride my bike 3 times a week

4 Physical Impact
Am I seeing a change in my body?

*Yes I am seeing change in my body

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