

Reteaching Activity 3-1

Directions: In the grid below, fill in a weekly log of all the physical activities you perform on a regular basis. Indicate whether your activity is health-related or skill-related. Then decide which specific component (or measure) of fitness it represents.

Day of Week	Activity H (health-related); S (skill-related)	Fitness Component
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Lesson 3-1

Which health-related component do you exhibit most? Which health-related component comes hardest to you? Which skill-related component do you exhibit most? Which skill-related component is a challenge for you?

15+ X