

# CREATE A MUSCULAR STRENGTH AND ENDURANCE ROUTINE

## MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

### Guidelines

- Develop a routine with the goal of improving muscular strength and endurance for your whole body using different pieces of equipment.
- Include at least 6 different exercises to build muscular strength and endurance in your routine. You may use the same exercise more than once. However, your routine must include at least 6 different exercises to build muscular strength and endurance. Also include the muscles that are being used in each exercise.
- The routine must last at least 1 minute per exercise.
- The routine must include core, upper- and lower-body exercises.
- Transition between movements (exercises) must be quick and smooth.
- Make it creative.
- Write the routine on this card
- Perform routine at least 3 times and a parent must sign that routine was performed.

Exercise or transition	Counts	Exercise or transition	Counts
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	

Parent Signature: \_\_\_\_\_



# CREATE A FITNESS CIRCUIT

## MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

### Guidelines

- Develop a fitness circuit with the goal of improving aerobic and muscular fitness for your whole body using different pieces of equipment.
- Include at least 6 different exercises to increase aerobic and muscular fitness in your routine. You may use the same exercise more than once. However, your routine must include at least 6 different exercises.
- The routine must include core, upper- and lower-body exercises and name the muscles that are being used during the circuit.
- Transition between movements (exercises) must be quick and smooth.
- Make it creative. Also include pictures of the exercises.
- Write the routine on this card
- Perform routine at least once and have a parent sign that routine was performed.

Warm-up or stretch Exercises	Counts	Warm-up or stretch Exercises	Counts
1.		7.	
2.		8.	
3.		9.	
4.		10.	
5.		11.	
6.		12.	



# Volleyball: Create Your Own Game

## MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list below to focus on the way to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram - game

Design Area:

## Create Your Own Game

### MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:



## FRISBEE: Create Your Own Game - MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:

RACQUET BALL: Create Your Own Game - MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

1. Use basic skills/tactic of original game

## TENNIS: Create Your Own Game - MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.

1. Use basic skills/tactic of original game
2. Be fun for all skill/fitness levels

Use the list to focus on ways to design, explain and play your game/activity.

- Rules
- Scoring method
- Equipment needed
- Time
- Size of playing area
- How to start and restart play
- Number of players & position
- Safety considerations
- Fair play considerations
- Diagram

Design Area:

Flag Football: Create Your Own Game - MAKE UP SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Period: \_\_\_\_\_

Game Name

Your goal is to create a new version of the original game/activity. After signing your new game/activity, practice and play it with someone. Refine your game/activity as needed. Game/activity needs to be fun and creative.