Name: _____   Block: _____

Personal Health & Rate of Perceived Exertion Home Activity

USING OUR CLASS "RATE OF PERCEIVED EXERTION" SCALE (1-5) CREATED AND GIVEN OUT THIS TERM, COMPLETE THE FOLLOWING ACTIVITY:

➢ Choose a physical activity you would want to participate in outside of school that requires a **higher Rate of Perceived Exertion (zone 3-5)**:

_____

➢ Brainstorm: What do you think are some health and/or fitness benefits (mental, social, physical) from participating in the activity you chose? You can also use the "50 Ways Sport & Exercise Changes your Body Poster." Create a brainstorm map of these. A) Your activity in the middle of the cloud. B) Your ideas found around the cloud. Come up with at least 5 each (category: mental/emotional, social, physical). C) Show how you know can categorize the different ones (for example, use a different colour for each category)

Write your chosen

activity here:

_____

Name: _____   Block: _____

Reflection questions

➢ Where can you go in your community to participate in your activity from the
   brainstorm map?   _____

➢ What other items or equipment would you need? _____

   _____

➢ What are some possible barriers stopping you from reaching a RPE zone 3-5 in
   your preferred physical activity, and what might you do about these barriers to
   prevent them or overcome them? _____
   _____
   _____

➢ In your own words, explain why it is important to <u>self-monitor</u> your individual
   exertion levels during physical activities? Self-monitor means being able to identify
   and explain what level/zone you are at, to know the signs and symptoms of a
   higher rate of exertion. _____
   _____
   _____

Curricular Competencies	1 Emerging	2 Developing	3 Proficient	4 Extending
• Apply methods of monitoring and adjusting exertion levels in physical activity: Student able to define the five stages of the RPE scale and apply/demonstrate knowledge of this scale • Student reflects on how participation in physical activities at school, at home, and in the community can influence their health and fitness.				

Ms. Matheson will use the above scale to assess and evaluate your RPE Home Activity and
run logs from this term. All must be handed in by **Friday Nov. 29th** (in your duotang)