

# Weekend Activity Challenge

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

Block: \_\_\_\_\_

What are your favourite ways of getting physical activity and exercise into your daily and/or weekly routine? What sports or physical activity do you like to do? List three:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Using the **“50 Ways Sport and Exercise Changes Your Body”** poster on the back of this paper, choose **6** ways that are the most important to YOU.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## **Weekend Activity Challenge EXAMPLE**

Date:	Activity & Location	Duration/Time:	Effort (0-5)

*For “effort” score, look at and use the JOPE Performance Scale on the back of this sheet.*

## **Weekend Activity Challenge YOUR ASSIGNMENT – complete this table this weekend....**

Date:	Activity & Location	Duration/Time:	Effort (0-5)

*For “effort” score, look at and use the JOPE Performance Scale on the back of this sheet.*

*ASSESSMENT & EVALUATION*

*Fully Meeting /5 - assignment complete, detail and personal thought/perspective is evident*

*Meeting /4 - assignment complete, could include more evident detail and personal thought*

*Minimally Meeting /2.5 -missing parts of assignment, minimal detail, no personal thought evident*