



## Personal Physical Activity Plan

### Background Information

During this time of the Covid-19 pandemic, we must re-focus on the goals of our PHE program at Immaculata and in the Province. The main goals of our PHE program are:

- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle.
- Healthy choices influence our physical, emotional, and mental well-being.

Simplified, we want our students to participate daily in physical activity, to develop a lifelong participation in physical activity, and to make healthy choices. These all have positive impacts on our physical and mental well-being.

Particularly important today, along with our social distancing plan, is to continue to get physical activity and fresh air.

### Assignment

Your assignment is to plan out your physical activity goals, and then track it throughout the semester. Each week will be a slightly different check-in or focus on our check-in.

How do you make a personal goal? Perhaps you are a soccer player and want to continue to improve your soccer skill development. Brampton Soccer Club is one example of a club that has created an at-home skills program for their players to follow. You can find it [here](#). Another example is a basketball program created by *Ball is Life*, called the *Steve Nash Routine*: Breakdown all of the shots he would shoot in the game... 10x Jab & shoot, 10x One dribble pull ups (Right/Left), 10x Hesitation pull ups, 10x Step backs, 10x Spins, 10x Runner, 10x High layups, 50x 3's, Free Throws. The YMCA has put together a series of at-home workout routines you can find [here](#). I also have access to, or am happy to help you find, other programs to help with your planning.

What is that you want to accomplish by the end of this self-isolation? Would you like to improve at a particular sport? Would you like to improve your strength level? Would you like to improve your overall fitness level? Whatever you would like to accomplish, you can accomplish it if you set your mind to it and set a plan to it. "Success is the sum of small efforts, repeated every day." – Robert Collier

**Instructions: Fill in the spaces below and submit to be marked.**

## **Personal Goal**

My personal goal is

## **Physical Activity Plan**

I am going to accomplish this goal by doing the following physical activity each day:

Monday

Tuesday

Wednesday

Thursday

Friday