**Over the past month or so, you have worked on improving your fitness. We will use the following project to help determine your mark for PE and HACE, you will also be given marks for Math.**

**Part 1: (PE/Math)**  **(5 marks each graph)**

1. Take the information from your chart and create an appropriate graph with this data
* it could be a bar graph or line graph.
* Ensure that your graph includes data from all of the activities and include all of the dates that you recorded your information.
* Each type of exercise must be on its own graph.
	+ Label each point with an ordered pair, for example🡪(3,4)
	+ Each graph must have its own title
	+ Label the x and y axis
	+ Each graph should have a proper scale

**Part 2: (PE/HACE)** **/30 marks**

1. ***Answer the following questions in full sentences and be specific. /6 marks***

**a) Were your goals S.M.A.R.T.? Which of your goals did you reach? Which of you goals did you not reach?**

**🡪For Goals you reached, explain what things you did to help you reach your goal.**

**🡪For Goals you didn’t reach, explain what you need to do in order to reach your goal. Be Specific.**

ANSWER HERE

**b) If you were to do this again, what would you do differently so could achieve you goals?**

ANSWER HERE

**c) Were there things that made your goals more difficult to reach? Were there things that made your goals easier to reach? (Think about your personal choices & outside influences at home and at school)**

ANSWER HERE

1. **Jagjeet is trying to get stronger muscles, so he has started going to the gym. What type of exercise should he do to help him achieve his goal? Explain how and why. Use Sets and Reps to help you explain. /3 marks**

ANSWER HERE

***Use the internet to help you explain the following questions:***

 ***Please use full sentences that are in your own words.***

***Reference all of the websites that you use to help you answer the questions.***

1. **Why is it important to stretch and warmup your muscles before you start doing your main exercises? /3 marks**

ANSWER HERE

1. **What are the FITT and SAID principles? Explain how they work. /3 marks**

ANSWER HERE

1. **Jasmeet, who is Jagmeet’s sister, is also going to the gym to try and to improve her fitness level, so that she doesn’t get tired as easily. What type of exercise should she do? Explain how and why. Use Sets and Reps to help you explain.**  **/3 marks**

 ANSWER HERE

1. **a) What purpose does the heart have in your body? Explain why does the heart beat faster when you exercise? /6 marks**

ANSWER HERE

**b) Are there any other body systems that work together with your heart during exercise? Explain what they are, and how they work together, be specific.**

ANSWER HERE

1. **a) Explain the health risks and or diseases that are associated with lack of exercise.** **/6 marks**

ANSWER HERE

1. **Explain the importance and the benefits (on your mental and physical health) of participating in physical activities at home, at school, and in the community.**

ANSWER HERE

**Marks Summary Sheet:**

**Part 1: (PE/Math)** **/5marks x 2= /10marks**

**Part 2: (PE/HACE)** **/30 marks /10 marks**

**Part 3: (PE) Participation Marks (Teacher) /20marks /10 marks**

**Learning Goals:**

**PE:**

*PHE-PL-1 Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments🡪 NM-A-M-E*

*PHE-PL-2 Develop and apply a variety of movement concepts and strategies in different physical activities🡪 NM-A-M-E*

*PHE-PL-3 Apply methods of monitoring and adjusting exertion levels in physical activity🡪 NM-A-M-E*

*PHE-PL-4 Develop and demonstrate safety, fair play, and leadership in physical activities🡪 NM-A-M-E*

*PHE-PL-5 Identify and describe preferred types of physical activity🡪 NM-A-M-E*

**Healthy and Active living**

*PHE-HA-1 Participate daily in physical activity designed to enhance and maintain health components of fitness🡪 NM-A-M-E*

*PHE-HA-2 Describe how students’ participation in physical activities at school, at home, and in the community can influence their health and fitness🡪 NM-A-M-E*

*PHE-HA-4 Describe the impacts of personal choices on health and well-being 🡪 NM-A-M-E*

*PHE-HA-6 Identify, apply, and reflect on strategies used to pursue personal healthy-living goals🡪 NM-A-M-E*

**Math:**

*M-COM REP-3 Develop mathematical understanding through concrete, pictorial, and symbolic representations🡪 NM-A-M-E*

*M-CON REF- 2 Explore, apply, and connect concepts to each other, to other disciplines, and to the real world🡪 NM-A-M-E*