San Marin Physical Education

Weekly Activity & Fitness Log

Name: _____

Period: _____ Total Score: ____

For replacement cards or make up forms:

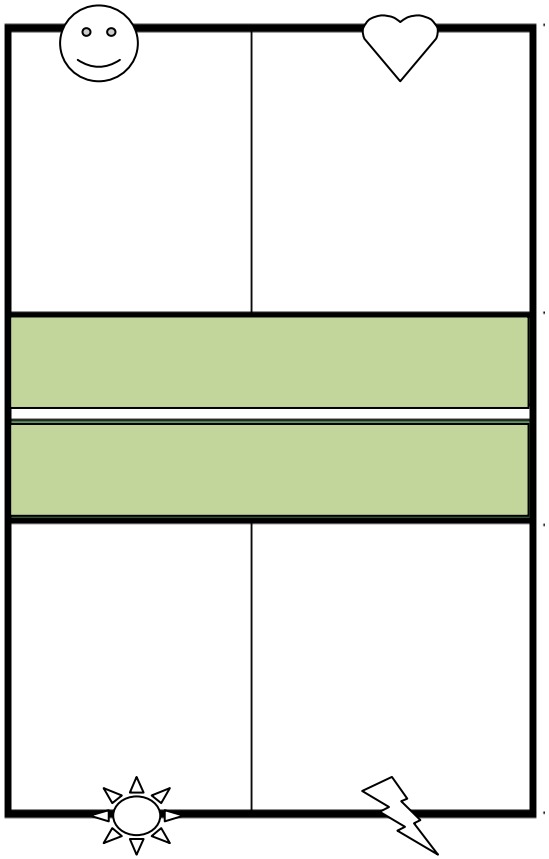
www.SanMarinPE.weebly.com

Week 5

Monday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Tuesday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Wednesday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Thursday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	
Friday ☺ 😐 ☹	Warm-Up
Activity/Skill	
CV MS ME FX BC	
TN:	

Cardiovascular Fitness

Exercise	Goal	Target Heart Rate Zone	
		Same as last week! ( ) – ( )	
Time	PR?	HR	PEI
	☐Y ☐N		(1-5)



Forehand Critical Elements

- Ready position
- _____ foot forward and paddle back
- Weight transfer back to front
- Striking ball with "_____" surface, in line with front foot
- Follow thru and return to _____ _____

Backhand Critical Elements

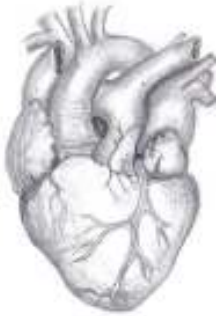
- Ready position
- _____ foot forward and paddle back
- Weight transfer back to front
- Striking ball with "square" surface, in line with front foot
- _____ and return to ready position

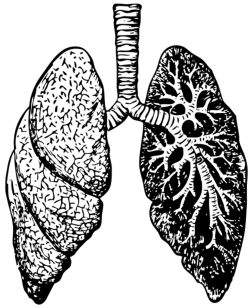
Serving Rules

- Purpose of serve is to **initiate play**, not score point
- Players must keep **one foot behind the back line** when serving.
- The serve is made **underhand**.
- The paddle must pass **below the waist**.
- The serve is made **diagonally** cross court
- **Must clear the non-volley zone.**
- Only one serve attempt is allowed, except in the event of a let.
- When you score a point on **your own serve** you **switch sides** with your partner and **serve again**
- Service will come from the **right** hand court your score is **even**
- Service will come from the **left** hand court when your score is **odd**

Cardiovascular Fitness Review

- O_2 = _____
- CO_2 = _____
- Cardiovascular fitness is the ability of the _____and _____ to deliver _____ to where it is needed.
- The ability of these two systems to keep going for _____ _____under stress is known as cardiovascular fitness.
- Cardiovascular Endurance is the ability to maintain physical exercise for a long period of time without experiencing _____ (tiredness)
- What are two additional benefits of cardiovascular fitness?
    - _____
    - _____
- What do Muscles use to help produce energy? _____
- What is the energy produced called? _____
- What is the one of the waste products of the energy creation? _____
- How is that waste removed from the body? _____
- When the Red Blood Cells are traveling to the lunges they are carrying _____ and when they are traveling to the muscles they are carrying _____





Muscular Endurance and Strength

There are generally two types of muscle fibers in your body, slow twitch and fast twitch. Slow twitch muscle fibers cannot exert as much force as fast twitch, but can sustain an effort over a much greater period of time. Fast twitch muscle fibers can exert a great amount of force but for a very limited amount of time. Therefore, slow twitch equals endurance, while fast twitch equals strength.

Muscular Endurance is the ability to use your muscles many times without tiring. Muscular endurance is very important for people playing sports and who have to sustain an activity for long periods of time. Muscular endurance is determined by how well your slow twitch muscle fibers are developed. People with good muscular endurance are likely to have better posture and fewer back problems.

Muscular Strength is the amount of force your muscles can produce. Muscular strength is much different from muscular endurance. Strength is a measure of how much force your muscles can exert, while endurance is the measure of how many times your muscles can repeat a specific exertion of force. Unlike muscular endurance which is controlled by slow twitch fibers, strength is determined by fast twitch fibers which focus more on quick bursts of energy rather than long, drawn out ones. Strength is often measure by how much weight you can lift or how much resistance you can overcome. People with good strength can perform daily tasks efficiently – that is, with the least amount of effort.

	Muscular Endurance	Muscular Strength
Muscle Fibers		
Time		
Type of exercise		
Type of Motions		
Example		
Example		