**5 Components of Physical Fitness**

1. Provide at least 2 activities performed in class that targeted each component of physical fitness:

Muscular Strength:

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Muscular Endurance:

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Cardiovascular Endurance:

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Flexibility:

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Body Composition:

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1. Pick 1 component of physical fitness. Provide a personal reflection and evidence that supports improvement in that component of physical fitness over the course.
2. Provide a personal plan on how you will continue to improve and maintain your physical fitness after this course.