

CENTURIONS

PHYSICAL EDUCATION



GRADE 11

WORKOUT BOOK

Name:

Slot:

Teacher:

Self-Directed & Instructor Directed Workout Timeline

ALL WORKOUTS ARE 1 HOUR LONG

10 Self-Directed Workouts + **5** Instructor-Directed Workouts

= 15 Workouts by end of the Semester

- 2 Self Directed & 1 Instructor Directed by February 28th
- 4 Self Directed & 2 Instructor Directed by March 23rd
- 6 Self Directed & 3 Instructor Directed by April 25th
- 8 Self Directed & 4 Instructor Directed by May 17th
- 10 Self Directed & 5 Instructor Directed by June 10th

Instructor Directed Workout (IDW) Options

➤ AT LUNCH (12:15 start)

Monday – Spin Bike and Circuits (MPR)

Tuesday – Yoga (MPR)

Friday – Fitness Friday (MPR)

➤ BLOCKS YOU CAN ATTEND ON SPARES

Yoga A/B/C

Spin & Circuits

Instructor Directed Workout A/B/C

Female Fitness (girls only)

Fort Richmond Collegiate 2021-2021 Physical Education Program

SEMESTER 2				
February 7 – 24	Physical Activity Planning and Fitness Management			
February 25 & 28				
March 1 -8	Block 1:			
March 9 – 10	<i>Mandatory Meetings and Workouts</i>			
March 11-21	Block 2:			
March 22- 23	<i>Mandatory Meetings and Workouts</i>			
March 24 – April 7	Block 3:			
April 8 & 11	<i>Mandatory Meetings and Workouts</i>			
April 12 – 20	Block 4:			
April 21& 25	<i>Mandatory Meetings and Workouts</i>			
April 26 – May 3	Block 5:			
May 4 – 5	<i>Mandatory Meetings and Workouts</i>			
May 6 – 13	Block 6:			
May 16-17	<i>Mandatory Meetings and Workouts</i>			
May 18 – 26	Block 7:			
May 27, 30	<i>Mandatory Meetings and Workouts</i>			
May 31				
June 1 – 8	Block 8:			
June 9 – 10	<i>Mandatory Meetings and Workouts</i>			

2022 FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

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2022 MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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2022 APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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2022 MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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2022 JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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Self-Directed Workout #1

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #2

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #3

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #4

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #5

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #6

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #7

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #8

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #9

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp

Self-Directed Workout #10

Date: _____

Start Time: _____

Fitness Components Worked

Cardio Treadmill Arc Trainer Spin Bike Skipping Rowing Jacobs Ladder

Muscular Strength/ Endurance Shoulders Chest Arms Back Legs Core

Flexibility Static Stretching Foam Roller

Approval Stamp



Gr. 11 Instructor Directed Workout Sign-Off Forms

Instructor-Directed Workout #1

Date: _____

Workout attended? _____

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

Instructor-Directed Workout #2

Date: _____

Workout attended? _____

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

Instructor-Directed Workout #3

Date: _____

Workout attended? _____

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

Instructor-Directed Workout #4

Date: _____

Workout attended? _____

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

Instructor-Directed Workout #5

Date: _____

Workout attended? _____

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

Instructor Directed “Flex Block”

FLEX BLOCK IDW #1

Date: _____

Block attended: Yoga Monday Spin Tuesdays Female Fitness Fitness Friday

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

FLEX BLOCK IDW #2

Date: _____

Block attended: Yoga Monday Spin Tuesdays Female Fitness Fitness Friday

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

FLEX BLOCK IDW #3

Date: _____

Block attended: Yoga Monday Spin Tuesdays Female Fitness Fitness Friday

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

FLEX BLOCK IDW #4

Date: _____

Block attended: Yoga Monday Spin Tuesdays Female Fitness Fitness Friday

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

FLEX BLOCK IDW #5

Date: _____

Block attended: Yoga Monday Spin Tuesdays Female Fitness Fitness Friday

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

FLEX BLOCK IDW #6

Date: _____

Block attended: Yoga Monday Spin Tuesdays Female Fitness Fitness Friday

Instructor name? _____

Fitness Components Worked: Cardio Muscular Strength/ Endurance Flexibility

Approval Stamp

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

Block/Meeting Make-up Class

Name: _____
Makeup is for... _____
Slot: _____ Date: _____
Phys Ed Teacher: _____

Approval Stamp

Block that you did for 1 hour: _____ OR Cardio: _____
MS/ME: _____

FRC Fitness Testing Standards

<u>Cardio Endurance</u> <u>Treadmill Run</u>	<u>Male</u>	<u>Female</u>
Excellent	10 minutes or lower	11 minutes or lower
Good	10-15 minutes	11-16 minutes
Satisfactory	15-20 minutes	16-21 minutes
Area of Focus	20 minutes or higher	21 minutes or higher

<u>Cardio Endurance</u> <u>Spin Bike</u>	<u>Male</u>	<u>Female</u>
Excellent	10 minutes or lower	11 minutes or lower
Good	10-15 minutes	11-16 minutes
Satisfactory	15-20 minutes	16-21 minutes
Area of Focus	20 minutes or higher	21 minutes or higher

<u>Cardio Endurance</u> <u>ARC Trainer</u>	<u>Male</u>	<u>Female</u>
Excellent	10 minutes or lower	11 minutes or lower
Good	10-15 minutes	11-16 minutes
Satisfactory	15-20 minutes	16-21 minutes
Area of Focus	20 minutes or higher	21 minutes or higher

<u>Cardio Endurance</u> <u>Treadmill Walk</u>	<u>Male</u>	<u>Female</u>
Excellent	10:00 or lower minutes	11:00 minutes or lower
Good	10:00 – 15:00 minutes	11:00 – 16:00 minutes
Satisfactory	15:00 – 20:00 minutes	16:00 – 21:00 minutes
Area of Focus	20 minutes or higher	21:00 minutes or higher

<u>Cardio Endurance</u> <u>2000m Row</u>	<u>Male</u>	<u>Female</u>
Excellent	6:30 minutes or lower	7:00 minutes or lower
Good	6:30 – 7:45 minutes	7:00 – 8:30 minutes
Satisfactory	7:45 – 9:00 minutes	8:30 – 10:00 minutes
Area of Focus	9 minutes or higher	10 minutes or higher

<u>Flexed Arm Hang</u>	<u>Male</u>	<u>Female</u>
Excellent	1 minute	30 seconds or above
Good	45 seconds	23 seconds
Satisfactory	30 seconds	15 seconds
Area of Focus	30 seconds or less	15 seconds or less

<u>Front Plank</u> <u>Forearms</u>	<u>Male</u>	<u>Female</u>
Excellent	3 minutes or above	3 minutes or above
Good	2 minutes 30 seconds	2 minutes 30 seconds
Satisfactory	2 minutes	2 minutes
Area of Focus	1 minutes or below	1 minutes or below

<u>Pushups - Toes</u>	<u>Male</u>	<u>Female</u>
Excellent	50 or more	40 or more
Good	35	25
Satisfactory	20	12
Area of Focus	10 or less	6 or less

<u>Pushups - Knees</u>	<u>Male</u>	<u>Female</u>
Excellent	58 or more	48 or more
Good	43	33
Satisfactory	28	20
Area of Focus	18 or less	14 or less

<u>Flexibility Sit and Reach</u>	<u>Male</u>	<u>Female</u>
Excellent	36 cm or higher	40 cm or higher
Good	33 cm	35 cm
Satisfactory	30 cm	30cm
Area of Focus	29 cm and lower	29 cm and lower

<u>Muscular Power Vertical Jump</u>	<u>Male</u>	<u>Female</u>
Excellent	32 inches or higher	28 inches or higher
Good	24 inches	22 inches
Satisfactory	18 inches	16 inches
Area of Focus	12 inches and lower	10 inches and lower

<u>Muscular Power Broad Jump</u>	<u>Male</u>	<u>Female</u>
Excellent	2.40 meters or higher	1.90 meters or higher
Good	2.20 – 2.40 meters	1.70 – 1.90 meters
Satisfactory	2 – 2.20 meters	1.50 – 1.70 meters
Area of Focus	Less than 2 meters	Less than 1.50 meters

<u>Muscular Strength Seated Leg Press</u>	<u>Male</u>	<u>Female</u>
Excellent	380 lbs or higher	300 lbs or higher
Good	260 lbs	240 lbs
Satisfactory	220 lbs	200 lbs
Area of Focus	180 lbs or lower	160 lbs or lower

MPR Workout Plan

Step 1 – Choose what fitness components you will be working on. You can choose to do one or both.

<u>Cardiovascular</u>	<u>Muscular Strength & Endurance</u>
<ul style="list-style-type: none"> - Spin bike - Rowing machine - Circuit Training - High Intensity Timed Interval (HITT) - As Many Reps as Possible (AMRAP) - Skipping rope 	<ul style="list-style-type: none"> - TRX - Dumbbells, Kettlebells - Medicine Balls - Battle Ropes - Body Weight Exercises - Resistance Bands - Body Bars - Bosu/Swiss Balls - Sandbags - Plyometric Boxes

Step 2 – Choose what muscle groups you want to work.

Chest, Legs, Back, Shoulders, Arms, Core OR Full Body
--

Step 3 – Choose what exercises you will be doing and fill out the planner below:

Cardiovascular ____ Muscular Strength and Endurance ____ Both ____
Chest ____ Legs ____ Back ____ Shoulders ____ Arms ____ Core ____ Full Body ____
<i>Equipment Needed:</i>
<i>Warm-up:</i>
<i>Exercises:</i> <hr/> <hr/> <hr/> <hr/>
<i>Cool Down/Flexibility:</i>

Cardiovascular ____	Muscular Strength and Endurance ____	Both ____				
Chest ____	Legs ____	Back ____	Shoulders ____	Arms ____	Core ____	Full Body ____
<i>Equipment Needed:</i>						
<i>Warm-up:</i>						
<i>Exercises:</i>						
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
<i>Cool Down/Flexibility:</i>						

Cardiovascular ____	Muscular Strength and Endurance ____	Both ____				
Chest ____	Legs ____	Back ____	Shoulders ____	Arms ____	Core ____	Full Body ____
<i>Equipment Needed:</i>						
<i>Warm-up:</i>						
<i>Exercises:</i>						
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
<i>Cool Down/Flexibility:</i>						

Weight Room Workout - DAY 1
Body Areas Exercised _____

Warm Up Exercises

<i>Cardio Exercise</i>		<i>Time in Minutes</i>	
<i>Exercise Name</i>		<i>Sets</i>	<i>Reps</i>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Cool Down Exercises

Weight Room Workout - DAY 2
Body Areas Exercised _____

Warm Up Exercises

<i>Cardio Exercise</i>		<i>Time in Minutes</i>	
<i>Exercise Name</i>		<i>Sets</i>	<i>Reps</i>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Cool Down Exercises