

# One-Week Challenge PE 30 /

Lifelong fitness is defined as keeping your body physically fit over your entire lifespan. Often people mistake fitness as being active in sport. Playing a single sport or being active in a single activity does not necessarily make a person fit.

Watch this video to witness varying activities that can promote lifelong physical wellness. Keep in mind that the man is 70 years old while you are watching.

<https://www.youtube.com/watch?v=aUf72dLf22c>

You have two choices in completing your One Week Challenge but both will require you to choose an activity that either works on balance or works on non-dominant hand dexterity. You should choose an activity that you don't do well or would struggle to do well. You will practice your activity for **15-30 minutes** each day. Depending upon your choice of activity, this can be logged under various dimension hours. Contact your teacher if you need help with determining which Dimension to log the hours under.

## Option #1

Pick one of the activities that Stephen Jepson performs in the YouTube video (you can't choose juggling on a ladder due to safety concerns).

## Option #2

Invent your own activity or research another activity that you will do for the week.

## Pre Activity Questions

1. Describe the activity you will be practicing for the week. (4 marks)

I am doing option #\_\_\_\_\_.

Description (can be done with a video clip as well):

2. Record what your first attempt success rate is. For example, if doing jacks with your left hand (for a right hander) your rate might be: I got to 3 jacks. Again, you can choose to send a video of this as well. (2 marks)

Use the following table to chart your progress for your One Week Challenge. /7

Start Date mm/dd:	Time of Day	Duration	Success rate	Success rate	Success rate
			1	2	3
Day One					
Day Two					
Day Three					
Day Four					
Day Five					
Day Six					
Day Seven					

Complete the following questions after your last day of practice: /18 (3 marks each)

1. Describe the improvements you made during the week of practice. (optional: send a video of your last day's performance level).

2. How did you feel about yourself at the end of the one-week challenge?

3. Describe how your activity is a foundation for your favorite sport.

4. Describe how your activity affects lifelong fitness needs.

5. What were some obstacles that you had to overcome to complete the challenge?

6. Do you feel confident that you could continue this type challenge for the next week? Month? Year?

/30

Teacher  
Feedback

