SHS LEARNING ACTIVITY

Name: _____ **Score/Mark:** _____
Grade and Section: _____ **Date:** _____
Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)
Subject: ***Physical Education and Health***
Type of Activity: ☐ Concept Notes ☐ Skills: Exercise/Drill ☐ Illustration
☐ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: Frequency Intensity Time Type (FITT) Goals
Learning Target: To define Frequency Intensity Time Type (FITT) goals.

References: (1) K to 12 S.H.S. Core Curriculum – Physical Education and Health 2016
(Author, Title, Pages) (2) J. A. Galagala, CVIF Learning Activities

FITT stands for frequency, intensity, time and type of your exercise. When you plan for your workouts, always consider these components to fit your fitness goals.

Frequency. How often do you exercise?
Intensity. How hard do you exercise?
Time. How long do you exercise?
Type. What type of activity are you doing?

Exercise: Plan your fitness activity using the table below.

Frequency	Intensity	Time	Type