

PERSONAL BEST DAY

Personal Best Day (PBD) is designed so young people may track their fitness progress over time. The PBD consists of a warm-up, three reasonably objective fitness tests, and a cool-down, all which should be able to be administered within 30 minutes.

You may wish to use the PBD to evaluate improvements in youth fitness. If so, conduct the PBD before implementing SPARK and every four weeks thereafter. Select the best day of the week to assess your group. Children's scores should be recorded on PBD cards. Masters are provided on pg. 6 and can be used to create 8" X 5-1/2" copies on card stock; one for each child.

For the PBD to be an effective assessment, fitness skills must be incorporated into the daily or weekly activities of your program and practiced outside of the program. Encourage youth to use the PBD's as opportunities to set individual health and fitness goals.

Best results are achieved by making gradual increases in frequency, intensity, time/duration, and type of exercise (FITT principle).

Frequency: do the activity more times per week or per day

Intensity: do the activity faster or with greater resistance

Time: do the activity longer or more repetitions or sets

Type: do different activities to reduce boredom and enhance fitness parameters

SPARK recommends: Keep individual fitness scores confidential and encourage youth to avoid comparing their scores to those of their peers. Use music to start and stop activities.

PERSONAL BEST DAY ACTIVITIES

OBJECTIVES

Measure/record/evaluate fitness parameters,
goal setting

EQUIPMENT

1 PBD card/youth, 1 pencil/2 youth,
4 large cones, music/whistle, 1 stopwatch

WARM-UP

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm-Up Exercises	-Have youth jog in place or around play area to warm up; then lead stretches.	-You will be tested periodically to encourage you to improve your health and fitness.
"Simple Six"		
-Neck Rotations		1) You will track your scores
-Arm Circles	-Inform them about PBD.	2) Do your best each time
-Trunk Twist		3) Score accurately
-Side Bends		
-Hamstring Stretch	-Have a, "This is going to be a fun day!" attitude.	-Go for <u>your</u> personal best.
-Side Lunge		<u>Compete against yourself, not others.</u>

1 MINUTE SIT-UP TEST

ACTIVITY	ORGANIZATION	TEACHING CUES
1 Minute Sit-Up Test	<u>-PARTNER-</u>	-Let's see how strong your abdominal muscles are.
	- <u>Scattered in pairs</u> on soft surface (e.g., mats, grass, carpet squares, etc.).	-Begin in " <u>Ready Position</u> ": Back on ground or carpet square, chin on chest, bend knees, fold arms across chest, hands on shoulders.
	-1 pencil/pair.	-On START cue: Curl up, touch elbows to thighs, then return to "Ready Position."
	-One partner performs sit-ups, while other holds ankles securely and <u>C,C, + R's</u> , (counts, coaches, and records).	-Do as many correct sit-ups as possible until STOP cue.
	-Explain/demonstrate correct sit-up technique and partner responsibilities.	<u>Counters:</u> -Count each time your partner curls up and touches elbows to thighs.
	-Begin with START cue and start stopwatch.	-Encourage your partner. When time is up, record the number she/he did correctly on the PBD card.
	-Move to help with technique. Provide positive/specific feedback.	-Change positions quickly.
	-Give STOP cue after 60 sec.	
	-Have each child record her or his partner's score.	
	-Direct children to change roles and begin again.	