

SKILLSHEET

Weekly training schedule

Use this table to complete a weekly training schedule for yourself or a designated case study. Aim for the dimensions of physical activity (type, frequency, intensity and duration) that allow the guidelines to be met.

	6–9 a.m. (before school)	9 a.m.–3 p.m. (school hours)	3–10 p.m. (after school)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Questions

- 1 Outline how your proposed weekly plan would allow you to meet the physical activity guidelines for your age group if you completed everything. (Refer to each dimension in relation to meeting the guidelines including: type of activities, frequency, intensity and duration of physical activity.)
- 2 How could you evaluate whether or not you met the guidelines for your age group by implementing your individual activity plan?