

Grade 9 Fitness Assignment

DESIGN YOUR OWN WORKOUT

Objective:

Students will research various exercises and use their findings to create a personalized upper body, lower body, and one custom workout routine. This assignment promotes understanding of muscle groups, exercise technique, workout planning and apply principles of progressive overload, specificity, and FITT.

Instructions:

1. Research Phase:

- ☐ Choose 6 upper body exercises and 6 lower body exercises.
- ☐ For each exercise, include:
 - Name of the exercise
 - Muscles targeted
 - Progression (make the movement harder)
 - Regression (make the movement easier)
 - Progressive overload (using the FITT Principle of Intensity, what adaptations such as sets, reps or weight are you implementing into your workout?)
- ☐ Create a custom workout day where you target specific muscles that you want to grow (This could be a chest/shoulders focus, push or pull day) Include the same criteria for these exercises.
 - Name of the exercise
 - Muscles targeted
 - Progression (make it harder)
 - Regression (make it easier)
 - Progressive overload (using the FITT Principle of Intensity, what adaptations such as sets, reps or weight are you implementing into your workout?)

2. Workout Design Phase:

- ☐ Create a workout plan using your selected exercises.
- ☐ Include:
 - Number of sets and reps
 - Expected weight
 - Rest time between sets
 - Order of exercises
 - Warm-up and cool-down
 - Reflection on Progressive Overload (how you made it more challenging)

3. Reflection:

- ☐ Explaining why you chose the progressions to the exercises and what you would change next time to further your progressive overload.
- ☐ Discuss how your workout supports specificity for your overall fitness goals and explain how you applied the training principles of FITT to your progressive overload.

Grade 9 Fitness Assignment Rubric

DESIGN YOUR OWN WORKOUT

	Level 4 (Excellent)	Level 3 (Proficient)	Level 2 (Developing)	Level 1 (Beginning)
Exercise Research (8 points)	Thorough and accurate descriptions all exercises; includes muscles, regressions, progressions & overload adaption.	Most exercises are well described with key details included.	Some exercises lack detail or accuracy.	Few exercises are described; missing key information.
Workout Plan (4 point)	Well-structured plan with clear sets, reps, rest, warm-up, and cool-down. Balanced and realistic.	Plan includes most required elements and is mostly balanced.	Plan is missing some elements or lacks clarity.	Plan is incomplete or unrealistic.
Reflection (4 points)	Insightful reflection showing strong understanding of fitness goals and exercise choices.	Clear reflection with some connection to fitness goals.	Basic reflection with limited insight.	Minimal or unclear reflection.
Organization & Presentation (4 points)	Template is fully completed, neat, and easy to read.	Mostly complete and organized.	Some sections incomplete or messy.	Poorly organized or mostly incomplete.

TOTAL: ____/20

MY WORKOUT *Research*

Exercise	Muscles Targeted (specificity)	Regression (simplified exercise)	Progression (exercise challenge)	Overload Adaption (intensity of adaptation using in workout)
----------	-----------------------------------	-------------------------------------	-------------------------------------	---

DAY 1 - UPPER BODY

[illegible]

DAY 2 - LOWER BODY

[illegible]

DAY 3 - CUSTOM SPLIT

[illegible]

Day 1

Upper Body



Date:

Rest:

WARMUP:

EXERCISE	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

COOL DOWN:

REFLECTION: HOW DID YOU APPLY THE PRINCIPLE OF PROGRESSIVE OVERLOAD IN YOUR WORKOUT?

Day 2

Lower Body



Date:

Rest:

WARMUP:

EXERCISE	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

COOL DOWN:

REFLECTION: HOW DID YOU APPLY THE PRINCIPLE OF PROGRESSIVE OVERLOAD IN YOUR WORKOUT?

Day 3

Custom Split

Date:

Rest:

WARMUP:

EXERCISE	SET 1		SET 2		SET 3		SET 4	
	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

COOL DOWN:

REFLECTION: HOW DID YOU APPLY THE PRINCIPLE OF PROGRESSIVE OVERLOAD IN YOUR WORKOUT?

FITNESS

Reflection

Name: _____

PROGRESS

How did you apply progressive overload in your workouts? Why did you choose the progressions to your exercises?

FITT

How did you use the FITT principle to apply overload in your workout? Explain how you adjusted to make your workout more challenging (eg: set, reps/weight)?

SPECIFICITY

Which exercises did you perform that targeted your training goal? Explain why you chose to focus on those specific muscle groups in your workout plan for your custom split.

IMPROVE

What specific exercises progressions or overload techniques can you use next time to improve your targeted muscle group?