

## Physical Education 20: Cross Training

/40

### Cross Training Planning

Answer the questions below to assist you in selecting an activity to cross train with.

1. What is your main sport or the activity you participate in the most? Which Physical Education 20 course dimension is your sport/activity in? (2 marks)
2. List 6-10 of the main skills in your sport/activity that are key to successful participation (examples: shooting, skating, running, putting...). (5 marks)
3. List 3-5 'building block' skills that are important to successful participation in your sport/activity. (examples: rotational flexibility, reaction time, balance). (3 marks)
4. List a minimum of 3 sports/activities that share skills (main or building block) with your main sport/activity. These can't be from the same dimension as your main activity, nor can it be workout related activities from dimension 5. (3 marks)
5. Choose one of the activities from question that you will use to cross train for 5 hours. (1 mark)

6. Fill in the table below that will outline your focus during your cross training sessions. (6 marks)

Cross Training Activity: _____	Skill From Cross Training Activity	Expected Benefits that translate to your main sport/activity
Focus One		
Focus Two		
Focus Three		

### Recording of Cross Training Hours

In the table below, record the dates and time that you spent cross training. (2 marks)

Date	activity	Time spent
Total time		

**Reflection**

Answer these questions after completing the 5 hours of cross training.

1. Using the table below, reflect upon whether you see progress from your cross training. (9 marks)

	Benefits achieved through cross training and the relation to your own sport. (2 marks each)	Picture or video of you completing cross training focus area. (1 mark each)
Focus #1		
Focus #2		
Focus #3		

2. List at least one other benefit from the cross training that you didn't include in your planned focuses. (2 marks)
3. Describe any barriers you faced in completing cross training. (2 marks)
4. Describe at least one negative aspect you experienced in you cross training. (2 marks)
5. Do you plan on continuing to cross train in the next month/year? Explain why or why not. (3 marks)