Reyhan Zulkarnaen

Ms. Kamia

Fitness

15 March, 2019

**Fitness Summative**

Ms. Kamia explained in earlier term 3 that we have 2 outcomes for this term; the two physical fitness outcomes related to muscle strength, endurance, and flexibility program and the objective of the class is to improve our muscle strength, endurance, and flexibility for rest of the term. We also did circuit training which includes many exercises such as push-ups, jumping jacks, jump ropes, running in place, sit up and also planks. Students that join fitness in term 3 also expected to join the program that Ms. Kamia told us, which is The 30-day challenge, where we do exercises every day for 30 days/1 month and list down each day which exercise that we did, then we reflect our self after the 30 days challenge and look what will happen.

In class, I usually did five to eight exercises. I used equipment provided by exercises. I did many exercises using the equipment provided for leg, my arms, cardio, and different kinds of exercises I can also do. I usually do push-ups, sit ups, using equipment for my arms, thigh, calf, lifting barbell, etc. I usually did these exercises for 10 repetitions and 3 sets.

The 30 day challenges are about trying something new and healthy. I was forced to do exercise every single day. Consistency is what matters when sticking to a workout because being consistent is the key for making a fitness program work for us. My 30-day challenge is done by doing push up, sit up, crunches, squads, and planks but I also added two more exercises which is lunges and step up and down. But I mostly did exercises by doing sports, such as futsal and basketball. I did these sports daily with consistency. Also to maximize this 30-day challenge, I chose to ate food carefully and did a little bit diet so I will be healthier. After the 30-day challenge ends, I think it affects me and has many impact to my body.

At the end of the term, students must pass the fitness test. I have been practicing really hard for this test. The students were given five test which is curl up, trunk lift, push up, flexibility, and back-saver sit & reach. These five tests were also given during term 1. Therefore, the result of the test on this term will prove whether the students made some improvements or not. During the test, I was able to do 10 curl-ups. I was having a difficult time during this test because you are not allowed to ask someone to hold your foot. Therefore, I only did 10 with the help of my classmate. I think I did a really great job for flexibility, back-saver sit & reach, and trunk lift test because I think I was flexible enough to do the test. I also have made an improvement from term 1. During term 1, I was struggling to do push ups and curl up. With the help of 30-day challenge and the activity in class, now I was able to increase the number of push ups and curl ups performed during the test.