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Reinforcement

SHORT-TERM VERSUS LONG-TERM GOALS

Amanda, Marcus, and Ching-Ma have each identified some physical activity and fitness goals. Look at each person's goals and answer the questions below.

Amanda	Marcus	Ching-Ma
<ul style="list-style-type: none"> • Jog 2 miles without stopping. • Jog 1 mile without stopping. • Walk fast every day for 20 minutes until it feels easy. • Alternate walking and jogging for 1 mile. • Alternate walking and jogging for 2 miles. 	<ul style="list-style-type: none"> • Bench press my body weight (150 lbs). • Learn how to bench press. • Do 5 push-ups without stopping. • Practice my bench press 3 times per week. • Bench press 80% of my body weight. 	<ul style="list-style-type: none"> • Make the school's soccer team next year. • Jog for 40 minutes without stopping. • Practice my shooting skills 4 days each week. • Practice my passing skills 4 days each week. • Play recreational soccer at the YMCA during the summer.

1. What is Amanda's long-term goal? _____

In what order should she try to achieve her short-term goals? _____

What type of activity is Amanda's long-term goal, according to the Physical Activity Pyramid?

2. What is Marcus' long-term goal? _____

Is his long-term goal a physical activity goal or a fitness goal? _____

In what order should he try to achieve his short-term goals? _____

3. What types of physical activities is Ching-Ma participating in as she works to achieve her goals?
