1. Design a simple task for your body to perform. You can use the task described on page 6 of the textbook or design your own.
   a. Some ideas:
      1) lift a medium to heavy object and hold it for 30 seconds
      2) perform a simple exercise such as 25 push-ups or jumping jacks
      3) run in place for 1 minute
      4) write a sentence
      5) balance 3 books on your head for 30 seconds.

2. Describe the task.

   ________________________________________________________________
   ________________________________________________________________

3. Reflect: List all of the parts of your body that worked together in order to complete your task. State how they worked together using complete sentences!

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________