

# LIFETIME FITNESS

## Teacher Talk

### [Fitness on the Move Week 1 Sample Script]

#### Brain & Body Warm-Ups

It's week 4 of physical education class and we're going to talk about 3 really important things that will help us be the best that we can be.

The first thing is Courage. Courage is a person's ability to do what's right, even though that person feels fear.

Everyone has been afraid, and everyone has demonstrated courage — even if it was a small act of courage. Starting school in a new and different way took courage. All of us were nervous and afraid of what it would be like. We knew we'd have to be cautious and work in new ways. But here we are! We're now in week 4!

Let's celebrate how far we've come! We're going to do an activity from the Rising New York Road Runner's Play Builder called Card Cardio Challenge.

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#### Purposeful Practice

The second thing we need to talk about this week is the FITT Principle. The 4 components of the FITT Principle help us create personal fitness plans that focus on overall good health. The components are Frequency (how often we're active), Intensity (how much effort we spend), Time (how long each bout of activity lasts), and Type (the kind of activity you're doing – for example, aerobic or muscular fitness).

In the activity, 6-Minute FITT Dice Challenge, we'll experience these components in action. You can do this activity 3 to 5 times per week (the frequency). Each exercise assigned to a number on the die varies in intensity. Some activities are low to moderate in intensity and some are vigorous. The time it takes to complete this challenge is 6 minutes, and there are 3 types of activities (aerobic, muscular fitness, and mindfulness). The 6-Minute FITT Dice challenge is Purposeful Practice focused on teaching us about the FITT Principle.

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#### Just for Fun (and health)

The final topic for today is the variety of health benefits that you get from regular physical activity. Being active is a great way to socialize with friends and family members. It helps us maintain our mental and emotional health. Physical activity is also critical for keeping our bodies healthy. It helps our immune system stay strong and works to keep our body composition balanced.

Throughout our Lifetime Fitness lessons we'll talk about the health benefits of the activities that we're choosing. For example, there are many health benefits of walking. Walking is the perfect exercise to do with your family members and almost everyone can go on a walk.

Walking is really good for both our muscles and our heart. It isn't an exercise designed to make muscles stronger. Instead, it's an important exercise that helps keep our muscles toned and ready for action (endurance). Taking a walk with family and friends is a perfect time to teach them about the vocabulary words and wellness concepts that we're learning in physical education class.