AEROBIC CAPACITY: The body's ability to take in, transport, and use oxygen during vigorous physical activity.

In order to improve her aerobic capacity, Fiona decided to train for a community 5K race.

ANALYZE: To examine something in order to gather important information.

Chadwick analyzed his activity choices as he built his fitness plan.

BALANCE: Upright and steady.

Steffano was able to keep his balance while he stood on 1 foot.

BODY COMPOSITION: Measurement of the percentage of fat, muscle, water, and bone found in the human body.

Joe maintained his healthy body composition by staying active every day and eating healthily.

COURAGE: The ability to do what’s right even though you feel fear.

Corina showed courage on the first day of school. She came to class even though she felt nervous.
Important words for us to understand and use.

**EMOTION**: A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good emotion that everyone wants to feel.*

**EXERCISE**: Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an exercise they could do at home to improve muscular strength.*

**FITNESS PLAN**: A course of action designed to reach a desired level of fitness.

*My fitness plan includes a variety of physical activities that I enjoy.*

**FITT Principle**: The foundation of personal fitness planning. It stands for Frequency, Intensity, Time, Type.

*Boise used the FITT Principle to create his monthly fitness plan.*

**FLEXIBILITY**: The ability to bend and move the joints through the full range of motion.

*Good flexibility can help you bend and reach safely during daily activity.*
Important words for us to understand and use.

FREQUENCY: The rate at which is repeated over a particular period of time.

*The frequency of Jessica’s muscular fitness exercise is 3 times per week.*

HEALTH: The state of being free from sickness or injury.

*Micha was in good health because he was physically active every day and always ate nutritious foods.*

HEALTH BENEFIT: An improvement to a person’s overall wellbeing resulting from a physical activity or food choice.

*A healthy immune system is one health benefit of regular aerobic activity.*

HEALTH-RELATED FITNESS: A group of 5 physical characteristics that contribute to a person’s overall well-being. The 5 components of Health-Related Fitness include Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

*It’s important to consider our health-related fitness when we’re creating a physical activity routine.*

MORE ➔
Important words for us to understand and use.

HEART HEALTH ZONE: A heart rate (Beats Per Minute) zone from 60% to 90% of Max HR (~120 to 180 BPM). This zone provides the maximum health benefit to one’s heart.

We are learning how to pace our activity intensity to stay in our heart health zone.

HEART: The muscular organ that pumps blood through the body.

Your heart is a muscle that gets stronger when you exercise.

IMPROVE: To become better.

Johnna worked to improve his balance so he could easily stand on 1 foot.

INDEPENDENT: The ability to think and act for yourself.

The students were independent and could safely move without teacher reminders.

INTENSITY: The amount of effort used when performing an exercise or activity.

Every day, we should get a least 60 minutes of physical activity that is at a moderate to vigorous intensity.

MORE →
Important words for us to understand and use.

**MOTIVATION:** A reason to do something. The desire to reach a goal.

*Jenna’s motivation for wearing her mask was to keep her family healthy.*

**MUSCULAR ENDURANCE:** The ability of a muscle to continue to perform and do work without fatigue.

*Keira showed the teacher her muscular endurance by holding plank position for 30 seconds without a rest.*

**MUSCULAR STRENGTH:** The maximum amount of force a muscle can produce in a single effort.

*Orion used his muscular strength to throw the ball as hard as he could.*

**PURPOSE:** The reason for doing something.

*Izzi’s purpose for being active after school was to have fun with her friends.*

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind relax.*
Important words for us to understand and use.

SAFE: Protected from danger.

*The students kept a safe physical distance during physical education class.*

TIME: The duration or length of an exercise or physical activity session.

*Get 60-minutes of daily activity by including a time of 30-minutes in the morning and 30-minutes in the afternoon.*

TYPE: The activity category associated with a given exercise (e.g., muscular fitness strength training, cardio, etc.).

*In order to improve her 10K race time, Pika chose cardio workouts as the type of exercise to improve her endurance.*