

# FITNESS ON THE MOVE

## 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 with a fun Brain & Body Warm-Up. 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 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 thing I want to talk about this week is exercise. Exercise is a physical activity that you can do to improve your health and fitness. We already talked about some of the different types of exercises. Different exercise types focus on different components of health-related fitness. Some exercises focus on muscle and bone strength. Some exercises are focused on making our heart stronger (aerobic capacity). It's important to do a variety of different exercises in order to keep our whole bodies healthy.

This week when you're filling out your physical activity log. Think about the different types of activities that you're doing. Try to do different exercises that will help your body stay healthy.

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