

Fitness Plan

TEACHER TALK

[Lesson 1 Sample Script]

Brain & Body Warm-Ups

In Lesson 1 of our Fitness Fun Planning with a Purpose module, we're going to discuss 3 really important concepts that will help us live a healthy and physically active lifestyle.

First, we'll talk about the 5 Components of Health-Related Fitness.

The 5 components of fitness are Aerobic Capacity (how well your heart and lungs can deliver oxygen to your muscles), Muscular Strength (how much weight you can push or pull at one time), Muscular Endurance (how long your muscles can continue to do work without getting exhausted), Flexibility (how well your bones and muscles can move through a range of motion), and Body Composition (the balance of lean tissue and fat in the body).

Understanding the 5 components of fitness and how both physical activity and nutrition affect each component will get us ready to create a fitness and nutrition plan with a purpose. Let's start our lesson with a fun game that helps to build our muscular endurance — Plank Party RPS!

Purposeful Practice

The next important concept that we'll learn about during this 3-week experience is the FITT Principle. This principle will guide the way that we plan our physical activity routine.

FITT stands for Frequency, Intensity, Time, and Type. Frequency refers to how often we exercise (5 times per week). Intensity refers to how hard we work during exercise (light to heavy; moderate to vigorous). Time refers to how long we are active during a workout or activity session. We want to be active 60 minutes (time) every day (frequency). But, it's okay to get those minutes in smaller chunks throughout the day – like in 15-minute time blocks. The final T stands for Type (aerobic, muscular fitness, flexibility, mindfulness). It's important to include a variety of activity types into our routine so we can improve or maintain all 5 components of Health-Related Fitness.

To help us start to think about the different exercised that we can do let's play a game of First Letter, Last Letter.

Just for Fun (and health)

Finally, let's talk about the 5 Food Groups. Nutrition and physical activity are both important to our overall health and wellness and they make up the 2 components of energy balance. Nutrition gives us the energy we need to be active and live. Physical activity burns that energy in a way that keeps our bodies strong and healthy.

Just like we have to put the right fuel or batteries in our cars and machines. It's important to put the right fuel in our bodies. The 5 Food Groups help us balance the meals and snacks that we eat with all of the right fuel.

Fruit gives us carbohydrates for quick energy, vitamins for a healthy body, and fiber to help our digestive system. Vegetables give us all of those things with even more vitamins and minerals that we need. Protein foods help to build and maintain our muscles. Grains provide more carbohydrates and fiber. And dairy foods supply our bones and body systems with Calcium. The body is an amazing and complex machine and it's important to fuel it the right way with a balanced diet. Let's explore the 5 food groups with a game of Memory Plate.

