

Fitness Plan

MENU ACTIVITY CARDS

BRAIN & BODY WARM-UP

5 Components of Health-Related Fitness:
Characteristics that contribute to a person's overall well-being.

The class learned about the 5 components of Health-Related Fitness.

Plank Party RPS

The object of this game is to win a series of Rock, Paper, Scissor games and move from squat to plank position. Win the game in plank position and win the match. Start in squat position. The winner moves to table pose (hands and knees). Win in table pose, move to plank position. Win in plank position, win the entire match. The player who loses a game moves backward — e.g. from table pose back to squat position.



Fitness Plan

MENU ACTIVITY CARDS

BRAIN & BODY WARM-UP

Muscular Endurance: The ability of a muscle to continue to perform without fatigue.

Holding plank position is a muscular endurance exercise.

Plank Drawing Challenge

The object of this game is for students to draw as many foods in the assigned food group as possible while in plank position. Each round is 30 seconds. Students start in plank position with paper and pencil on the floor under their eyes. As soon as the teacher calls out the food group the clock starts and students begin drawing – switching drawing hands with each food (i.e., drawing 1 with right hand, drawing 2 with left hand).



Fitness Plan

MENU ACTIVITY CARDS

PURPOSEFUL PRACTICE

The FITT Principle: Four elements of a comprehensive fitness plan.

The class used the FITT Principle to build their wellness plans.

First Letter, Last Letter

Create 2 teams (can be played with 1 group). The object is for Team 1 to think of an exercise starting with the 1st letter of a food, and the other team to think of an exercise starting with the last letter. Pull a flashcard to see the food. Team 1 has 30 sec. to demo a physical activity that begins with the 1st letter. Team 2 must demo an activity starting with the last letter. Successful teams score a point. Next, switch first/last letters (i.e. Team 1 uses the last letter, Team 2 uses the first letter).



Fitness Plan

MENU ACTIVITY CARDS

PURPOSEFUL PRACTICE

Aerobic Capacity: The ability of the body to take in, transport, and use oxygen during physical activity.

Jumping rope helps build a person's aerobic capacity.

5 Second Rule

Divide the class into 2 teams (can also be played in 1 large cooperative group). Teams take turns and score points by naming 3 things that fit into a particular category in 5 seconds (e.g., name 3 muscular endurance activities or protein foods). Pull/display the category flash cards. Team B must perform jump rope skills (or invisible jump rope skills) while Team A takes a turn. Then Team A performs skills while Team B takes a turn. This is a fast-paced game.



Fitness Plan

MENU ACTIVITY CARDS

JUST FOR FUN (AND HEALTH)

5 Food Groups: Categories of foods that are similar in the type of nutrition they provide.

Micha built his meal at the buffet to include all 5 Food Groups.

Memory Plate

The object is for the class to memorize objects on Plate A and then name the missing food on Plate B. The class has 30 seconds to name the missing food.

Next, the class must perform the exercise listed below the plate. If they name the food in less than 30 seconds, complete the exercise for 15 seconds. If they don't name the food, perform the exercise for 30 seconds.



Fitness Plan

MENU ACTIVITY CARDS

JUST FOR FUN (AND HEALTH)

Intensity: The amount of sustained effort used during physical activity.

HIIT stands for High Intensity Interval Training. In a HIIT session, a person will work at a high-intensity level for 20 to 30 seconds and then take a short 10- or 15-second rest.

Crossword Intervals

The object of this activity is for the class to solve a crossword puzzle cooperatively. Perform the exercises listed after each clue for 30 seconds before moving on to the next clue. There are 15 total intervals for a 7 ½ minute HIIT session.

