



Personal Fitness Virtual Learning

Five Fitness Components

April 27, 2020



7/8th Grade Personal Fitness

Lesson: **[April 27th 2020]**

Learning Target:

Students will be able to analyze technique of selected exercises and track a personal activity log

Identifies the five components of health-related fitness and explains the connections between fitness and overall physical and mental health. (S3.M1.8)

Essential Question: How can you identify the **comopnents?**

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will identify the five fitness components to fitness**

Let's Get Started:

1. Follow this warm-up to get started!!
 - [Warm-up video](#)

Practice #1

- Go to the [website](#) and take notes over the five fitness components
 - here is the [link](#) for AVID note page; you have to make a copy in order to edit it
- Under each component, write in a different color some examples of exercises for each one. For body composition, write 5 foods that are healthy

Practice #2

- Go to the [link](#) and take a short quiz to see if you understand the difference between the five fitness components

Practice on your own:

- Complete the first 3 exercises of the [video](#)
- Complete the first 3 exercises of the [video](#)
- Complete the cool down [video](#)

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: What fitness components did the workout videos target?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house