



Personal Fitness Virtual Learning

Five Fitness Components Review

April 28, 2020



7/8th Grade Personal Fitness
Lesson: **[April 28th 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 does exercise help with body composition?

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

- Click on the [link](#) and retake the quiz to see if you remember the difference between the fitness components

Practice #2

- Watch the [video](#) and add to your AVID notes in the color **RED**
- Focus on the answers to questions below:
 - What is fitness?
 - What makes muscular strength and endurance different?
 - Why is flexibility important?

Practice on your own:

- Complete the workout [video](#)
 - Which fitness component did this video focus on?
- Complete the workout [video](#)
 - Which fitness component did this video focus on?

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: How did the workouts improve your body composition?

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