Personal Fitness Virtual Learning

Fitness Component Review

May 21, 2020

7/8th Grade Personal Fitness
Lesson: [May 21st 2020]

Learning Target:
Compares and contrasts health related fitness components.10
(S3.M7.8)
Essential Question: Why are fitness components important when creating a workout?

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

- **Students will complete a workout designed for home**
- **Students will compare fitness components and their importance to a well balanced active lifestyle**

Let's Get Started:

1. Follow this warm-up to get started!!

    - Warm-up video

Practice #1

- Complete a Quick write on a google document comparing each of the fitness components:
  -Here are some questions to think about:
1. What are the five fitness components?
2. What is the difference between muscular strength and muscular endurance?
3. How can you include body composition into a workout?
4. What are some exercise examples for each fitness component?
5. Why is flexibility important to improve?

Practice #2

- Complete the workout

-after finishing the workout, go back to your quick and name another fitness component that was worked on besides cardiovascular.

Practice on your own:
- Create a workout which covers all five fitness components (for body composition write down a snack you had before/after the workout)
- Use this website DARBEE to help you with creating the workout.
- Write down your workout on the Quick Write you completed earlier

Its important to remember the difference between muscular endurance and muscular strength

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: Why is important to know all the fitness components?

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