

# Sacred images - All American Person, Physical Health

## Summary

Students will be able to understand the benefits of physical fitness.

## Time Frame

1 class periods of 60 minutes each

## Materials

Glencoe Health Textbook  
- *Sacred Images*

## Background for Teachers

## Intended Learning Outcomes

Students will be able to explain the benefits of exercise to the physical, mental/emotional, social, and spiritual health.

## Instructional Procedures

Student will define the following terms:

- Physical Fitness
- Body Composition
- Flexibility
- Muscular Strength
- Muscular Endurance
- Cardio respiratory Endurance

After the terms are defined, rate yourself from 1 to 5 on each of the terms. 5 would be the best and 1 would be the worst. Add the numbers together. A perfect score is 30. This would be Superman.

Read the Lola Mike story on page 29 of *Sacred Images*

After reading the Lola Mike story write a description of the people in the story. Use the terms to describe the physical fitness of the ancient ones.

On page 70, plate 34, in the book *Sacred Images* there is a picture of an *All American Man*.

Study this man. How would you rate his physical fitness? Use the same scoring method you used on yourself.

If you are to leave a petroglyph of you, as the all American man or woman, how would the petroglyph look? Draw it based on the score you received in the first exercise.

Have students develop a list of ways, good physical fitness, benefits social , mental, emotional, and spiritual health.

Have students choose a famous person, athlete, or role model and report on his or her physical fitness. Use the health terms to assist you in gathering information. What habits make them fit or unfit? How much does this person exercise? What are their eating habits? How is there social, mental, emotional and spiritual well being?

## Bibliography

World Book Dictionary

Sacred Images

Glencoe Health Textbook

## Authors

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