

5 Measures of Fitness

Summary

Students will be able to list the 5 measures of fitness, describe them, and give at least two examples for each. They will practice/attempt the examples.

Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.2:](#)

Time Frame

5 class periods of 45 minutes each

Group Size

Pairs

Life Skills

Thinking & Reasoning, Communication

Materials

- Projector
- iPad
- Apple TV
- computers for students
- white boards
- markers
- ball

Student Prior Knowledge

- Muscular, skeletal, and digestive systems
- nutrition - calories

Intended Learning Outcomes

Students will be able to: list the 5 measures of fitness, describe and give two examples for each one.

Instructional Procedures

Bellwork: With a partner, list as many things about fitness you can think of in 3 minutes

Video clip: Studio C for fun (see attachment)

Class Discussion: What they wrote about fitness. Use the ball as the "speaking stick". As they mention write down the measures. Students take notes as explanations of each are given. Kinesthetic actions for each measure.

- Heart & lung endurance - hands to center of chest
- Muscle strength - muscles flexed
- Muscles endurance - repeat muscles flexing a few times
- Flexibility - twist at waist
- Body composition - pinch skin at waist

With each measure 2 or 3 examples will be practiced or discussed.

Heart & lung: biking, running, swimming

Strength: Push-up, lift an object, tug of war

Endurance: how many push-ups in a minute; how many sit-ups in a minute, how long hold object straight out to side of body. Flexibility: touch toes, touch fingers behind back, butterfly sit

Body composition: have calipers, BMI reader, show formula

Students will create their own presentations showing the 5 measures and giving at least 2 examples for each.

Strategies for Diverse Learners

Kinesthetic learning, repetition, hands-on

For gifted learner: they will create a cross-training fitness plan

Extensions

Keep track of their exercise routines and compare them to a balanced, healthy lifestyle.

Assessment Plan

Students will create a google presentation with a partner which depicts the 5 measures of fitness, descriptions and examples for each. They will share with me and present to other students.

Rubrics

[Multimedia Fitness Presentation Rubric](#)

Bibliography

Glencoe Teen Health, Course 3, 2009

- [Studio C video clip](#)

Authors

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