



## Student Activities

**Title**            **What is Physical Fitness?**

**Theme**            **Understanding Physical Fitness**

### **Introduction**

The word **fitness** is used in newspapers and on television to describe people who participate in sport or who are physically active.

What does **fitness** mean?

### **Learning Tasks**

1. Collect pictures of sports people playing sport from newspapers, magazines or [www.1Seven.com.au](http://www.1Seven.com.au). You may like to create a collage.
2. Looking at the pictures of a sportsperson playing sport, discuss why you think they are fit.
3. What do you think makes a person fit?  
Record all suggestions on a large sheet of paper or whiteboard.
4. Can you think of examples outside the sporting world where being fit helps in one's day to day life both at work or leisure?
5. As a class or in small groups choose one sport of interest to investigate.  
Complete the following table:

Name of Sport \_\_\_\_\_

<b>Fitness Component</b>	<b>Your Definition</b>	<b>Examples</b>
Heart and Lung Endurance		
Strength		
Flexibility		