



## **For The Teacher**

**Middle Primary Years 3 & 4**

**Week 1**

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

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

### ***Overview***

Students will develop their understanding of what constitutes basic physical fitness (heart and lung/cardiovascular endurance, strength and flexibility) and realise that fitness is not just a component of the sporting world but is also an important component of every individual's health and wellbeing.

### ***Time Required***

40 minutes

### ***Preparation***

Find a picture of a sports person engaged in physical activity from the newspaper or from [www.1Seven.com.au](http://www.1Seven.com.au) to begin a class discussion about the characteristics of someone with developed fitness capacities. Alternatively, have students bring in a picture or go through newspapers and magazines to find pictures of sports people.

### ***Background information and discussion points***

The majority of students in your class will use the words 'fitness' or 'physical ability', yet how many of them will know what they really mean?

### ***What is fitness?***

Physical fitness is a general state of good health, resulting from regular physical activity and a healthy diet.

The three main components to physical fitness are:

- *Heart and Lung (Cardiovascular) Endurance* which is the sustained ability of the heart, lungs and blood vessels to carry oxygen to the working muscles of the body while carrying away waste products (carbon dioxide and lactic acid) during increased physical activity. Fast walking, running, swimming and riding a bike are the simplest ways to increase and improve cardiovascular endurance.
- *Strength* is the ability of the body to lift (push or pull) heavy objects. Lifting heavy objects in weight training or performing gymnastic holds or movements enhances strength.
- *Flexibility* is the ability to bend and stretch into different bodily positions. Yoga or stretching exercises improve flexibility.





Fitness component	Examples of how sportspeople exhibit these components
Heart and Lung (Cardiovascular) Endurance	<ul style="list-style-type: none"> <li>- Ruckman and rover in AFL following the football around the ground for the duration of the game</li> <li>- Netball players sprinting, jogging and dodging movements as part of their playing positions. Endurance is particularly important for the specialist positions of Centre, Goal Attack and Goal Defence.</li> <li>- Middle to long distance runner/swimmer/cyclist</li> <li>- Basketball players continually running up/down court</li> </ul>
Strength	<ul style="list-style-type: none"> <li>-Tackling an opponent in AFL when they have possession of the football</li> <li>- Netballers contesting for the ball</li> <li>- Sprinters in swimming/athletics/cycling/rowing/ice skating</li> <li>- Gymnasts, field athletes such as discus throwers, weightlifters</li> </ul>
Flexibility	<ul style="list-style-type: none"> <li>- Bending at the waist and knees to pick up a ball from the ground e.g. AFL and other ball sports</li> <li>- Netballers lunging to receive a pass at full stretch</li> <li>- Gymnasts</li> <li>- Springboard and high tower divers</li> <li>- Hurdlers</li> </ul>

To complete learning task 3, the students will be required to define the three major fitness components and then provide examples of how each is used in a particular sport. During the class brainstorm students will most probably provide examples of the main fitness components but may not use the language - heart and lung endurance, strength and flexibility. These terms need to be emphasised in order to complete the activity.

### **Support materials and references**

#### **For Kids**

1Seven article: [What is Physical Fitness?](#)

1Seven article: [Why Exercise?](#)

1Seven article: [Make Like a Caveman](#)

#### **For Teachers & Parents**

1Seven article: [High Risk Inactivity](#)

1Seven article: [How Do Our Kids Measure Up?](#)

AFL Sport Education

[The AFL Sport Education Manual](#)

Stretching

[Click Here](#) for Stretching Resource





### Thinking Strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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