



Student Activities

Title Fitness Collage

Theme Understanding Physical Fitness

Introduction

As we run, dance, walk, swim, ride a bike, rollerblade, scoot around on a scooter or play sport we are enhancing our physical fitness.

What is Physical Fitness?

Learning Tasks

1. Read the 1Seven article titled "What is Physical Fitness?"
2. Investigate each component of physical fitness by conducting either a web search or a newspaper and magazine search.
3. Individually or in pairs, find examples of images, words and statements that describe each of the four components of fitness. Display them, with appropriate headings, as a large class collage.
4. Justify your choices for placing different sports or activities under the specific fitness headings.
5. Choose one or two sports that you have investigated to rate the fitness components from the least used to the most. You may need to think about choosing a specific player position for this activity as different players within the same sport may have a specific skill within the game that would emphasise one or more fitness components. For example think about all the players in a netball or AFL football team and what each one's role is.

