



For The Teacher

Upper Primary Years 5 & 6

Week 1

Title **Fitness Collage**

Theme **Understanding Physical Fitness**

Overview

Students will develop their understandings about the four basic components of physical fitness; cardiovascular endurance, strength, flexibility and muscular endurance.

They will create a collage to classify sports within their predominant fitness component through a web or newspaper and magazine search.

Time required

40 minutes

Preparation

Ample copies of the article "[What is Physical Fitness?](#)" from the 1Seven website need to be available, depending on how the teacher is inclined to structure the lesson (one copy per child, teacher or students read the article from a screen, etc.)

Students will need access to the Internet for a web search or a variety of newspapers and magazines to find images, words and statements illustrating physical fitness. Students may require assistance entering appropriate terms into a web search in order to find images as well as information.

An extension activity for this lesson could be to estimate the order of fitness components from *least used* to *most used* for a variety of the sports being investigated. They may need to focus on one aspect within the sport, as different players utilise different skills on the playing field.

For example in Netball, the Goal Attack (GA) would use a higher percentage of strength and flexibility, whereas the Centre (C) player would utilise much more cardiovascular endurance and muscular endurance than flexibility and strength. Therefore the Centre player may have the following fitness component order (from least to most):
flexibility > strength > muscular endurance > cardiovascular endurance.

An interesting discussion could then follow on from this activity about the different types of training required for individual players within one sport and the impact this has on coaching and training.

Background information and discussion points

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

The four main components to physical fitness are:

- *Cardiovascular Endurance* – 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* – 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. Being able to support and move your own body weight using your upper body such as lifting your body weight with your arms on the monkey bars is a good illustration of strength.
- *Flexibility* – the ability to bend and stretch into different body positions. Yoga or stretching exercises improves flexibility.
- *Muscular Endurance* – the ability of the body to use speed and strength over a medium period (greater than 30 seconds but less than a few minutes). You can think of Muscular Endurance and what lies between Strength and Cardiovascular Endurance.

Many sports use one or a combination of the four main fitness areas to play and compete. When training for a sport, specific fitness areas are practised in order to become more proficient. For instance, an AFL player may run, bounce a ball, take a high mark and tackle within a 30-second period. To enhance their ability to play, footballers need to train for speed, strength, flexibility and endurance. When the media attend training sessions, we often see football players working on these different areas of physical fitness.

Support materials and references

For Kids

- 1Seven article: [What is Physical Fitness?](#)
 1Seven article: [How Hard do I Need to Exercise?](#)

Stretching

[Click Here](#) for Stretching Resource

[Strength Conditioning for Footy – AFL](#)

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
		*			

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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