



## Student Activities

**Title**            **Monitoring Changes**

**Theme**           **Physical Activity and the Human Body**

### ***Introduction***

Everyone enjoys different types of physical activity. We all have different physical abilities and strengths.

### ***Learning tasks***

You are going to plan and follow your very own workout routine that will develop a component of fitness. This workout routine can be completed three times a week over four weeks so that you experience the benefits of regular exercise.

The four components of fitness are Cardiovascular Endurance, Strength, Flexibility and Muscular Endurance.

1. Choose a fitness component that you enjoy as the basis for your weekly training program. For example, if you have participated in gymnastics, callisthenics or yoga, you would be aware of flexibility exercises. You can use this knowledge to create activities to develop flexibility.
2. Form groups according to the fitness component chosen and spend five minutes brainstorming possible activities to enhance and strengthen that fitness component.
3. Individually record at least four different exercises that will form the basis of your training program.
4. As a class, participate in a short warm up session, including stretching as part of the preparation.
5. Spend 10 minutes completing your exercises at your own pace, repeating them where necessary. For example, one push up is not enough - see how many you can do slowly over about 20 - 30 seconds. Try to keep moving for the full 10 minutes by varying your activities. You can repeat exercises again later on in the session.
6. As a class, participate in a short cool down session, ensure that you hold the stretches for a little longer.
7. Complete an exercise journal describing your feelings and sensations.