

Core unit 2: components of Health Related Fitness

**LEARNING
OUTCOMES**

The student will:

- identify the health benefits of regular activity
- achieve a basic understanding of the components of health related fitness
- experience activity relevant to each of the components.

EQUIPMENT

Activity diary per student, circuit requirements - balls, skipping ropes, benches, circuit station cards, board, OHP.

CLASS ORGANISATION

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
<i>Introduction</i>	<i>Relationship between activity and health</i>	<p>Use activity diary</p> <p>How can regular exercise benefit you?</p> <p>Brainstorm Q&A</p>	<p>Full Class involvement</p> <p>Focus on the following benefits:</p> <ul style="list-style-type: none"> • increases individual energy level • improves the body's ability to meet the demands and stresses of everyday living • gives a greater sense of well-being • improves self-esteem • reduces risk lifestyle-related diseases by developing a strong heart and muscles, by managing weight and by enhancing joint mobility.
<i>Development</i>	<p>Components of Health Related Fitness</p> <p>CV Endurance</p> <p>Flexibility</p> <p>Muscular strength</p> <p>Muscular Endurance</p> <p>Body Composition</p> <p>Activity involving each component</p>	<p>Teacher explains components and promotes discussion on health benefits.</p> <p>The ability of the heart and lungs to provide oxygen to the muscles for continuous exercise over a sustained period.</p> <p>The ability to move the joints through a full range of movement without discomfort or pain.</p> <p>The ability of a muscle or muscle group to exert maximum force against a resistance.</p> <p>The ability of a muscle or muscle groups to exert a force repeatedly.</p> <p>The relative percentage of muscle, bone, fat and other tissue which comprises the make-up of the body.</p> <p>Matching Circuit (see resource materials)</p> <p>Circuit preceded by a brief warm up (pulse raiser, mobility and pre stretching).</p> <p>Circuit followed by cool down (pulse lowering and post stretching).</p>	<p>Students complete circuit.</p> <p>At each station students identifies HRF component being developed.</p> <p>On completion, teacher discusses the relationship between HRF components and individual exercises. (Use board or OHP).</p>
<i>Cool down</i>	<i>Physical activity is as necessary for your body as food or sleep.</i>	<p>Distribute activity diary.</p> <p>Activity diary – note health related components worked on.</p>	<p>Discuss plan to keep log for coming week.</p>