



“Fitness Made Fun!!”
Physical Best Gets FITT

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Introductory Activity!!

◆ Classroom Management

- Attendance Cards
- Grouping students
 - Cards
- Assessment
- Brain Exercise
- Teambuilding





Team Juggle

- Grouping students
 - Clumping
- 1-3 balls/Group
- Lead-up to Squat Jumps

Today's Workshop Outline

- ◆ Icebreaker – Find Someone Who Knows...
- ◆ Physical Best - Program overview
- ◆ Practice Physical Best Activities
- ◆ Review Health-Related Fitness Concepts
- ◆ Apply Physical Best to your own program



Today's Workshop Agenda

- ◆ 12:20 – 12:30 Introductory Activity – 10 Minutes
- ◆ 12:30 – 12:45 Find Someone Who Knows... - 15 Minutes
- ◆ 12:45 – 12:55 Physical Best - Program overview – 5 Minutes
- ◆ 12:55 – 1:25 Physical Best activities – 30 Minutes
 - Clean Out Your Arteries
 - Frisbee Calorie Blaster
 - Mission Push-up Possible
- ◆ 12:25 – 1:40 Break – 10-15 minutes
- ◆ 1:40 – 1:50 NASPE Video – 10 Minutes
- ◆ 1:50 – 2:00 Review Health-related fitness concepts – 10 Minutes
- ◆ 2:00- 3:00 Physical Best Template Application - Activity Practice – 60 Minutes
- ◆ 3:00 – 3:15 Application of the template in your own program – 15 Minutes
- ◆ 3:15 – 3:20 Wrap-up and Evaluations – 5 Minutes



Workshop Objectives



1. Define the health-related fitness components.
2. Integrate the health-related fitness concepts (components and principles of training) into your lessons.
3. Teach activities from the Physical Best resources.
4. Adapt activities from your existing curriculum to the Physical Best activity template.
5. Review National Physical Education Standards.

Find Someone who knows...

- ◆ Five Health Related Fitness Components
- ◆ Six Skill Related Fitness Components
- ◆ F.I.T.T
- ◆ Five Fitness Principles
- ◆ Six National Standards for Physical Education
- ◆ The Benefits of Physical Activity



HOOVERBALL

NASPE National Physical Education Standards

- ◆ **Standard 1:** Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities. (*Psychomotor Domain*)
- ◆ **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (*Cognitive Domain*)
- ◆ **Standard 3:** Participates regularly in physical activity. (*All Domains*)
- ◆ **Standard 4:** Achieves and maintains a health enhancing level of physical fitness. (*Fitness Domain*)
- ◆ **Standard 5:** Exhibits *responsible* personal and social behavior that respects self and others in physical activity settings. (*Affective Domain*)
- ◆ **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (*Affective Domain*)

FIND SOMEONE WHO KNOWS...



What does the acronym F.I.T.T. stand for?

F=
I=
T=
T=

Guidelines for training!



List 5 fitness principles

1.

2.

3.

4.

5.

On the back of this paper,
1. list the 6 National Physical Education Standards.
2. List as many benefits of physical activity as you can.

List the 5 Health-Related Fitness Components in alphabetical order:

1.

2.

3.

4.

5.



List the 3 parts of a workout:

1.
2.
3.

What are the 2 main areas of physical fitness?

1.

2.

List the 6 skill-related fitness components in alphabetical order:

1.

2.

3.

4.

5.

6.



Physical Best – What is it?

- ◆ Comprehensive health-related fitness education program.
- ◆ It is not a standalone curriculum.
- ◆ Developed by physical educators
- ◆ For use in K-12 physical education curriculums
- ◆ Provides resources and training
- ◆ Partnered with FITNESSGRAM



Physical Best's Mission

- ◆ The mission of the Physical Best program is to foster healthier youth by providing quality resources and professional development for educators. The mission incorporates partnerships with like-minded programs and organizations. The program emphasizes teaching health related fitness concepts and attitudes through activity in a manner that includes all children, is enjoyable, and promotes a physically active lifestyle.



Physical Best – Why?

- ◆ Comprehensive conceptual framework.
- ◆ Individualized and Inclusive of ALL children.
- ◆ Noncompetitive and Health Related.
- ◆ Includes a cognitive component that teaches fitness concepts through activity.
- ◆ Ready-to use – and fun!
- ◆ Developmentally and age-appropriate.
- ◆ Practical – And standards-research based.
- ◆ Focused on Lifetime Physical Activity.

Physical Best - Activity Template

- ◆ Title
- ◆ Level
- ◆ Concept
- ◆ Health-Related Fitness Component
- ◆ Purpose
- ◆ Standards
- ◆ Equipment
- ◆ Procedure
 - Introduction of Concepts
 - Activity Steps/Directions
 - Closure/Assessment
- ◆ Inclusion Tip





Model Physical Best Activities

3.6 – Heartbeat Stations

3.1 - Clean Out Your Arteries

6.3 - Frisbee Calorie Blaster

4.6 - Mission Push-up Possible



Break



- ◆ NASPE Video



Physical Best Gets FITT

Review of Concepts

Health-Related Fitness Components

- ◆ Body Composition
- ◆ Cardio-respiratory Endurance (Aerobic Fitness)
- ◆ Flexibility
- ◆ Muscular Endurance
- ◆ Muscular Strength

Skill-Related Fitness Components

- ◆ Agility
- ◆ Balance
- ◆ Coordination
- ◆ Power
- ◆ Reaction Time
- ◆ Speed

F.I.T.T. Guidelines

- ◆ F= Frequency
- ◆ I= Intensity
- ◆ T=Time
- ◆ T= Type

Fitness Principles

- ◆ Overload
- ◆ Progression
- ◆ Specificity
- ◆ Regularity or Reversibility
- ◆ Individuality

Overload Principle

States that a body system must perform at a level beyond normal in order to adapt and improve physiological function and fitness.

(Do more than what you are used to doing.)

Progression

A gradual increase in the level of exercise that is manipulated by increasing either frequency, intensity, or time, or a combination of all three components.

(Increase gradually to prevent injury)

Specificity

- ◆ The training effects derived from an exercise program are specific to the exercise performed and muscles involved.

(What are the goals of the workout?)

Regularity or Reversibility

- ◆ Activity must be performed on a regular basis to be effective, and long periods of inactivity can lead to loss of benefits achieved during the training session.

(Use it or lose it!!)

Individuality

- ◆ Each child has different goals for physical activity and muscular fitness, as well as different initial muscular fitness levels.

(Variety provides opportunity for ALL students to be successful!!)

Benefits of Physical Activity

- ◆ Increase Strength and Endurance
- ◆ Build Healthy Bones and Muscles
- ◆ Control Weight
- ◆ Reduce Anxiety and Stress
- ◆ Increase Self Esteem
- ◆ Be More Productive
- ◆ Healthier Attitude
- ◆ Improve Blood Pressure and Cholesterol Levels

Aerobic Fitness

The ability to perform large muscle, dynamic, moderate- to high-intensity exercise for prolonged periods

Target Heart Rate

- ◆ $(.7 \times \text{Your Age}) = \underline{\hspace{2cm}}$
- ◆ $208 - (.7 \times \text{Your Age}) = \underline{\hspace{2cm}}$
(MHR or Maximum Heart Rate)
- ◆ $(\text{MHR}) \times .65 = \underline{\hspace{2cm}}$ (65% of Maximum Heart Rate)
- ◆ $(\text{MHR}) \times .75 = \underline{\hspace{2cm}}$ (75% of Maximum Heart Rate)
- ◆ $(\text{MHR}) \times .85 = \underline{\hspace{2cm}}$ (85% of Maximum Heart Rate)



Frequency

Children (5-12 years)	Adolescents (11+ years)	Middle and high school youth who participate in athletics
<ul style="list-style-type: none">◆Developmentally appropriate physical activity on all or most days of the week◆Several bouts of physical activity lasting 15 min or more daily	<ul style="list-style-type: none">◆Daily or nearly every day◆Three or more sessions per week	<ul style="list-style-type: none">◆5 or 6 days per week

Intensity

Children (5-12 years)	Adolescents (11+ years)	Middle and high school youth who participate in athletics
<ul style="list-style-type: none">◆ Mixture of moderate and vigorous intermittent activity	<ul style="list-style-type: none">◆ Moderate to vigorous activity.◆ 12-16 rating of perceived exertion (RPE)^d	<ul style="list-style-type: none">◆ 60-90% heart rate max (MHR) or 50-85% heart rate reserve (HRR)◆ 12-16 rating of perceived exertion (RPE)

Time

Children (5-12 years)	Adolescents (11+ years)	Middle and high school youth who participate in athletics
<ul style="list-style-type: none">◆ Accumulation of at least 60 min, and up to several hr, of activity◆ Up to 50% of accumulated min should be accumulated in bouts of 15 min or more	<ul style="list-style-type: none">◆ 30-60 min daily activity◆ 20 min or more in a single session	<ul style="list-style-type: none">◆ 20-60 min

Type

Children (5-12 years)	Adolescents (11+ years)	Middle and high school youth who participate in athletics
<ul style="list-style-type: none">◆ Variety of activities◆ Activities should be selected from the first 3 levels of the activity pyramid◆ Continuous activity should not be expected for most children	<ul style="list-style-type: none">◆ Play games, sports work, transportation, recreation, physical education, or planned exercise and community activities◆ Brisk walking, jogging, stair climbing, basketball, racket sports, soccer, dance, lap swimming, skating, lawn mowing, and cycling	<ul style="list-style-type: none">◆ Activities that use large muscles in a rhythmical fashion (e.g., brisk walking, jogging, stair climbing, basketball, racket sports, soccer, dance, lap swimming, skating, and cycling)

Muscular Fitness

In the Physical Best program, muscular fitness refers to the development of a combination of muscular strength and muscular endurance

Frequency

9-11 years	12-14 years	15-16 years	17+years
2 or 3 days/wk	2 or 3 days/wk	2 or 3 days/wk	2 or 3 days/wk

Intensity

9-11 years	12-14 years	15-16 years	17+years
Very light weight	Light weight	Moderate weight	Light to heavy weight (based on type selected)

Time

9-11 years	12-14 years	15-16 years	17+years
At least 1 set (may do 2 sets), 6-15 reps, at least 20-30 min	At least 1 set (may do 3 sets), 6-15 reps, at least 20-30 min	At least 1 set (may do 3 to 4 sets), 6-15 reps, at least 20-30 min	Minimum 1 set, 8-12 reps

Type

9-11 years	12-14 years	15-16 years	17+years
Major muscle groups, 1 exercise/ muscle or muscle group	Major muscle groups, 1 exercise/ muscle or muscle group	Major muscle groups, 2 exercises/ muscle or muscle group	Major muscle groups, 8-10 exercises; select strength, power or endurance

Flexibility

The ability to move a joint through its complete ROM, or range of motion

FITT

Frequency	Intensity	Time	Type
Three times per week, preferably daily and after a warm-up to raise muscle temperature.	Slow elongation of the muscle to the point of mild discomfort and back off slightly.	Up to 4-5 stretches per muscle or muscle group. Hold each stretch 10-30 sec. Always warm up prior to stretching.	The preferred stretch for the classroom is slow static stretching for all muscles or muscle groups.

Body Composition

Definition

Health benefits



Used in teaching
all components.

Growth and development

Nutrition

Metabolism

Small Group Practice

- 3.2 - Aerobic Benefit Hunt
- 3.8 - Continuous Relay
- 3.10 - 1000 Reps
- 5.5 - Sport Spectacular
- 5.6 - Introduction to Yoga
- 8.2 Goal Setting





Apply to a Lesson of Your Own!

- ◆ Discuss how you could use the Physical Best Template to a common activity, game, sport, drill, warm-up etc. that you already currently use in your school.



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Exit Slip

- ◆ Workshop Evaluation