Instructional Unit Title: Health Related Components of Fitness

The teacher may review the F.I.T.T. principle so students can begin assessing personal fitness activity levels.



The teacher may introduce the safety protocol for fitness activities so students can comprehend safe participation and injury avoidance behaviors for physical activities.



The teacher may introduce the 5 Health components of fitness so students can begin applying the components and drawing conclusions about their personal fitness.



The teacher may provide examples of healthy snacks, meals and appropriate water intake so students can determine nutritional fuel for optimal health and performance.



The teacher may return to the FITT principle so students can connect the aspects of the principle to improving activity levels.



The teacher may administer fitness testing (refer to teacher resources) so students can establish personal fitness goals based on healthy fitness zone results.



The teacher may model fitness challenges so students can begin applying knowledge of a variety of fitness concepts (e.g. cardio, flexibility, endurance, strength etc.)



PERFORMANCE ASSESSMENT: As a group of student fitness trainers, you have been asked to address specific fitness and nutrition questions for an interview with a youth magazine. You will choose one of the following fitness questions and one of the following nutrition questions:

FITNESS

- How do I train to run an entire race?
- How do I prevent getting so tired in my soccer practice?
- 3. What can I do before and after an activity to prevent a muscle strain?
- 4. How may I reach my push up goal?

NUTRITION

- What type of snack should I eat before a practice/game?
- In the lunchroom, what are some healthy options to fuel my body for activity?
- 3. How much water should I drink on a daily basis?
- 4. When should I consume a sports drink to replenish my body?

You will create a presentation that answers your fitness and nutrition questions. Your presentation will include advice for home and at school. It will identify the fitness component and include an example of goal setting and healthy snack/meal choices.

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.