

Teen Health Course 1

Chapter 5 Physical Activity and Fitness

VIDEO SUMMARY

In the video, you learned how to incorporate physical activity into your daily routine. Choose an aerobic activity that you will enjoy and that is right for your level of physical fitness. Set goals for yourself, and then put your plan in writing so that you can monitor your progress. Steadily increase your activity level until you are getting at least 60 minutes of physical activity per day.

[Click here to watch video; 00:07:29](#)



Discussion Questions

1. What types of aerobic activities did you see being performed in the video?
Answers may include running, biking, skating, playing team sports, and canoeing.
2. How can writing down goals and recording progress help you achieve goals?
Writing down goals and recording progress helps you stay motivated.
3. What fitness goals have you set for yourself? How are you working toward meeting those goals?
Answers will vary.

Activity

OBJECTIVE

Students in small groups will model a physical activity to be used as part of a “Get Fit Friday” event.

Skill Summary: Practicing Healthful Behaviors

MATERIALS

- Poster-sized paper, pencil
- Space to perform physical activity

PROCEDURES

1. Form groups of 3-5 students. Each group should think of a physical activity to model for the class.
2. Have students create posters documenting step-by-step instructions for the activity, lists of safety equipment and rules, and any other necessary information.
3. Have students perform the activities weekly as part of a “Get Fit Friday” event. Use the information on the charts to lead a class discussion on the FITT principle.

EXTENSION

Expand “Get Fit Friday” to include multiple classes and varied activities. Have students serve as campus exercise guides, sharing physical activities and instructions with younger students.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit TeensHealth.org for tips on creating and maintaining a fitness program based upon individual interests and fitness level.
- Build your own unique game at the Centers for Disease Control and Prevention’s Web site Verbnow.com.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. What types of aerobic activities did you see being performed in the video?

2. How can writing down goals and recording progress help you achieve goals?

3. What fitness goals have you set for yourself? How are you working toward meeting those goals?
