



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
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- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Helping your students get off the couch and develop a positive approach to fitness can contribute to their health and well-being for years to come! The following activities will help your students understand the value of fitness and explore various methods for pursuing an active lifestyle.

Related KidsHealth Links

Articles for Kids:

Be a Fit Kid

KidsHealth.org/kid/stay_healthy/fit/fit_kid.html

Why Exercise Is Cool

KidsHealth.org/kid/exercise/fit/work_it_out.html

What If I Don't Like Sports?

KidsHealth.org/kid/stay_healthy/fit/no_sports.html

Getting Muscles

KidsHealth.org/kid/grow/boy/getting_muscles.html

Articles for Teens:

Why Exercise Is Wise

TeensHealth.org/teen/food_fitness/wellbeing/exercise_wise.html

Sports and Exercise Safety

TeensHealth.org/teen/safety/safebasics/sport_safety.html

Kickboxing

TeensHealth.org/teen/food_fitness/exercise/kickboxing.html

Exercise Log

TeensHealth.org/teen/food_fitness/exercise/exercise_log.html

Strength Training

TeensHealth.org/teen/food_fitness/exercise/strength_training.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Kicking a game-winning soccer goal not only gives you a rush, it keeps your body healthy! Discuss the benefits of fitness for your body, mind, and emotions.
2. Explain how physical activities allow you to interact with people in different ways. How can games, sports, and dance help you to understand people better?
3. "Actions speak louder than words." What do your favorite physical activities say about you?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Getting a Kick Out of Staying in Shape

Objectives:

Students will:

- Develop a kickboxing exercise routine
- Identify the health benefits of aerobic exercise

Materials:

- Computer with Internet access
- Word processing program, or pen and paper

Class Time:

90 minutes

Activity:

Kickin' Kelly has hired you to develop the kickboxing routine that she will use in her new DVD. The routine you design should include common kickboxing moves like kicks and punches. Kickin' Kelly wants you to send her a proposal including the following information:

- Your kickboxing routine (including a list of the moves, and number of repetitions of each move)
- The music you recommend to accompany the routine
- The necessary equipment for the routine
- One paragraph describing the health benefits of kickboxing that Kelly can use on the packaging of the DVD

Check out articles on TeensHealth to help you learn more about kickboxing and the value of aerobic exercise. Then you're ready to write that proposal, and help Kickin' Kelly kick her viewers into shape!

Extensions:

1. Have students check out the TeensHealth articles on t'ai chi (TeensHealth.org/teen/food_fitness/exercise/tai_chi.html), pilates (TeensHealth.org/teen/food_fitness/exercise/pilates.html), and yoga (TeensHealth.org/teen/food_fitness/exercise/yoga.html and TeensHealth.org/teen/your_mind/families/yoga_home.html). Ask them to try one or more of these routines at home for about 20 minutes for 5 days after school, then write a brief report on whether they liked doing the routines.
2. Have students make their own instructional aerobic exercise videos, individually or in small groups.



Fitness Island

Objectives:

Students will:

- Develop a plan for improving fitness
- Determine activities that address different components of physical fitness

Materials:

- Computer with Internet access
- “Fitness Island” handout

Class Time:

90 minutes

Activity:

As a contestant on a new reality show called “Fitness Island,” you’ll compete in physical tasks to win fame and fortune. Because the physical challenges require strength and endurance, the TV show’s producers want to make sure you’re in top physical shape. You must submit a plan for how you’ll train before arriving on Fitness Island. Include the following elements:

- Activities that address the three components of a well-balanced exercise routine (aerobic exercise, strength training, flexibility training)
- A brief explanation of how these activities will improve your fitness level
- A calendar that shows a sample week’s activities

Check out articles on KidsHealth for guidelines about exercise and fitness, then complete the “Fitness Island” handout.

Extension:

Have students try out their fitness regimen, then write a 500-word report on how it went.

Reproducible Materials

Handout: Fitness Island

KidsHealth.org/classroom/6to8/personal/fitness/fitness_handout1.pdf

Quiz

KidsHealth.org/classroom/6to8/personal/fitness/fitness_quiz.pdf

Quiz: Answer Key

KidsHealth.org/classroom/6to8/personal/fitness/fitness_quiz_answers.pdf



Name: _____

Date: _____

Fitness Island

Instructions: As a contestant on a new reality show called “Fitness Island,” you’ll compete in physical tasks to win fame and fortune. Because the physical challenges require strength and endurance, the TV show’s producers want to make sure you’re in top physical shape. Write your plan for how you’ll train before arriving at Fitness Island.

Training Plan for Fitness Island

Aerobic Exercise	How will these activities improve your fitness level?

Strength Training	How will these activities improve your fitness level?

Flexibility Training	How will these activities improve your fitness level?



Sample Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. What are the three components to a well-balanced exercise routine?

2. Teens should get at least _____ minutes of moderate to vigorous physical activity each day.

3. When you exercise, you burn _____ as fuel.

- a. endorphins
- b. calories
- c. oxygen

4. Exercising to maintain a healthy weight decreases a person's risk of developing certain illnesses, such as:

5. _____ is any type of exercise that gets the heart pumping and the muscles using oxygen.

6. Which burns more energy when a person is at rest — muscle or fat? _____

7. List three benefits of strength training.

8. _____ is a condition that occurs when a person loses more fluids than he or she takes in.

9. How does weight-bearing exercise (like running or brisk walking) help prevent osteoporosis?

10. True or false: Walking or bicycling to school counts as exercise.



Quiz Answer Key

1. What are the three components to a well-balanced exercise routine?
aerobic exercise, strength training, and flexibility training
2. Teens should get at least 60 minutes of moderate to vigorous physical activity each day.
3. When you exercise, you burn _____ as fuel.
a. endorphins
 b. calories
c. oxygen
4. Exercising to maintain a healthy weight decreases a person's risk of developing certain illnesses, such as:
type 2 diabetes or high blood pressure
5. *Aerobic exercise* is any type of exercise that gets the heart pumping and the muscles using oxygen.
6. Which burns more energy when a person is at rest — muscle or fat? *muscle*
7. List three benefits of strength training.
Any three of the following: increase your endurance and strength for sports and fitness activities; develop your ability to focus and concentrate; reduce body fat; increase muscle mass; help burn more calories when at rest; reduce risk of injuries by protecting bones and joints; preventing long-term medical problems like osteoporosis
8. *Dehydration* is a condition that occurs when a person loses more fluids than he or she takes in.
9. How does weight-bearing exercise (like running or brisk walking) help prevent osteoporosis?
This type of exercise helps to keep bones strong.
10. True or false: Walking or bicycling to school counts as exercise.