



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- 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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Martial arts, biking, rock climbing, ice skating ... with all of these heart-pounding, muscle-building physical activities, who has time for video games? Help your students get off the couch and develop a positive approach to fitness, and you can contribute to their health and well-being for years to come! The following discussion questions and 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

Articles for Teens:

Why Exercise Is Wise

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

Sports and Exercise Safety

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

Kickboxing

KidsHealth.org/teen/food_fitness/exercise/kickboxing.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 others 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? How can you express yourself through physical activity? How can you use your body and movement to communicate ideas and feelings?



Activities for Students

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

Calling All Kickboxers!

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 is ready to produce her latest cardio kickboxing exercise DVD, and she needs your help! Kelly has hired you to develop the kickboxing routine that she will use in her new DVD. The routine you design should be 20 minutes long and 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 KidsHealth to help you learn more about kickboxing and the value of cardiovascular exercise. Then you're ready to write that proposal, and help Kickin' Kelly kick her viewers into shape!

Extension:

1. Kickboxing is a high-intensity, high-impact workout, so Kickin' Kelly wants to include warm-up and cool-down routines (10 minutes each) on her DVD to help prevent viewers' injuries. Suggest warm-up and cool-down activities that Kelly could use for her routines, and provide reasons for why you chose these activities.



Competition Island

Objectives:

Students will:

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

Materials:

- Computer with Internet access
- Competition Island handout (available at: KidsHealth.org/classroom/6to8/personal/fitness/fitness_handout1.pdf)

Class Time:

90 minutes

Activity:

Is “Survival of the Fittest” your middle name? Do you live for the thrill of victory? Well, pack your bags, because you’re headed to Competition Island! As a contestant on the new reality TV show *Competition Island*, you will compete in physical tasks to win fame and fortune! Because the physical challenges require strength and endurance, the show producers want you in top physical shape. You must submit a plan for how you will train prior to your arrival on the island. Include the following elements:

- Activities that address the three components of a well-balanced exercise routine (aerobic exercise, strength training, flexibility training)
- A rationale for 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, and see the Competition Island handout for a training plan template. Then start planning how you will turn your body into a well-oiled machine because *Competition Island* awaits!

Reproducible Materials

Handout: Competition 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: _____

Competition Island

Instructions: As a contestant on the new reality TV show, *Competition Island*, you will compete in physical tasks to win fame and fortune! Because the physical challenges require strength and endurance, the show producers want you in top physical shape. You must submit a plan for how you will train prior to your arrival on the island. Start planning how you will turn your body into a well-oiled machine because *Competition Island* awaits!

Training Plan for Competition 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

Monday	Tuesday	Wednesday	Thursday	Friday
Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:
Duration:	Duration:	Duration:	Duration:	Duration:
Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:
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. List two ways aerobic exercise helps the heart.



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. List two ways aerobic exercise helps the heart.
Aerobic exercise helps the heart to get stronger and become more efficient in delivering oxygen to the body.