



Advanced

Exercise and Physical Fitness

Lesson Goal

- Learn and use new vocabulary in discussions regarding exercise and physical fitness

Classroom Learning Activities

Conversation Starter:

- Hold up poster of various exercises.
- *Ask:* How many of you exercise regularly? Why? Let 2-3 students give short answers to these questions.
- Place poster on class space wall.

Activity 1 – Vocabulary Matching Game

Resources Needed:

- Vocabulary Matching Game Chart

1.	Chronic	a.	Do too much (11)
2.	Endurance	b.	To gradually make progress in reaching a goal (8)
3.	Aerobic	c.	Opposition by force to increase strength or endurance (4)
4.	Resistance	d.	Flexible (7)
5.	Workout (n.)	e.	Long lasting or constantly happening again (1)
6.	Workout (v.)	f.	Steadiness, firmness (10)
7.	Limber	g.	To give greater strength or firmness to the body or part of the body
8.	Work your way up	h.	To make for a particular purpose or person (12)
9.	Core	i.	The ability or strength to continue or last despite fatigue or stress (2)
10.	Stability	j.	A session of vigorous exercise or training (5)
11.	Overdo	k.	The central part of one's body (9)
12.	Tailor (n.)	l.	Device for measuring one's steps (13)
13.	Pedometer	m.	To exercise vigorously (6)
14.	Tone (v.)	n.	Involving free oxygen (3) <i>definition of aerobic</i>

Procedure:

- Post chart and let students take a picture of it on their mobile phones if needed.
- Using chart in large group, call on students one by one to match each term with its definition.
- **ALTERNATE PLAN:** Learn vocabulary during a matching game.
 - Place term cards and definition cards on as many tables/surfaces as needed for your class size. Have 4-5 students at each station.
 - Students should match term with definition.
 - Teacher circulates among stations to help as needed.
 - When matches are correct, students may take a photo of the matches on their mobile phones.
- Allow 5-8 minutes, depending on whether you use the chart or the game.

Activity 2 – Reading Article on Exercise and Physical Fitness**Resources Needed:**

- Article on Exercise and Physical Fitness
- Print 25 copies

Procedure:

- Students are given a copy of the article. In large group, they take turns reading the article aloud, one sentence at a time. This is for comprehension and pronunciation practice.
- Teacher should ask if there are any questions concerning the reading – vocabulary, concepts, etc.
- Allow 6-8 minutes.

Activity 3 – Creating a Home Gym on a Budget**Resources Needed:**

- Paper and Pen for Groups of 3-4
- Instructions on a Chart

- “You do not need expensive gear and exercise equipment to have a home gym. By making the most of what you already have, you can work out at home.”
- Your assignment is that within your group, brainstorm ideas for creating a home gym in your room, home or apartment.
- You must only use materials that you already have in your or your family’s possession.
 - Ex: Use full cans or bottles as weights.
 - Ex: Use chairs and stools.
- Use the paper and pen to list, chart, or draw diagrams of your home gym plan.
- You will have 15 minutes for this activity.
- When completed, the teacher will display the plans for all students to view.

Procedure:

- Post the activity instruction chart. Students may take a picture of the chart on their mobile phones if needed.
- Teacher will read aloud instructions from the chart.
- Place students in groups of 3 to 4 and give each group at least 2 sheets of paper. Have pens available if needed.
- Stress again that their time allotment for this task is 15 minutes.
- Teacher will circulate among groups to encourage and help as needed.
- When groups complete the task, teacher will post the finished products for entire class to view.
- Teacher should point and comment on each group’s work. Ask for any clarification from groups.
- Allow 20 minutes.

Activity 4 – Discussion Questions

Resources Needed:

- Exercising Discussion Questions
 - Print 5 copies of questions.
 - Cut into strips and place each set of strips in an envelope.
 - Name each envelope.

Procedure:

1. Divide class into groups of 4-5 and name each group to correspond with envelope names.
2. Hand each group their envelope.
3. Explain that the envelope will be passed from student to student.
4. One at a time each student will pick a question at random, read it and answer it.
5. Allow 15 minutes.

1. Chronic a. Do too much
2. Endurance b. To gradually make progress in reaching a goal
3. Aerobic c. Opposition by force to increase strength or endurance
4. Resistance d. Flexible
5. Workout (n.) e. Long lasting or constantly happening again
6. Workout (v.) f. Steadiness, firmness
7. Limber g. To give greater strength or firmness to the body or part of the body
8. Work your way up h. To make for a particular purpose or person
9. Core i. The ability or strength to continue or last despite fatigue or stress
10. Stability j. A session of vigorous exercise or training
11. Overdo k. The central part of one's body
12. Tailor (v.) l. Device for measuring one's steps
13. Pedometer m. To exercise vigorously
14. Tone (v.) n. Involving free oxygen

Exercise and Physical Fitness

Regular exercise is one of the best things you can do for your health. It has many benefits, including improving your overall health and fitness, and reducing your risk for many chronic diseases. There are many different types of exercise; it is important that you pick the right types for you. Most people benefit from a combination of them:

- Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Examples include brisk walking, jogging, swimming, and biking.
- Strength, or resistance training, exercises make your muscles stronger. Some examples are lifting weights and using a resistance band.
- Balance exercises can make it easier to walk on uneven surfaces and help prevent falls. To improve your balance, try tai chi or exercises like standing on one leg.
- Flexibility exercises stretch your muscles and can help your body stay limber. Yoga and doing various stretches can make you more flexible.

Fitting regular exercise into your daily schedule may seem difficult at first. But you can start slowly, and break your exercise time into chunks. Even doing ten minutes at a time is fine. You can work your way up to doing the recommended amount of exercise. How much exercise you need depends on your age and health.

Other things that you can do to make the most of your workouts include:

- Choosing activities that work all the different parts of the body, including your core (muscles around your back, abdomen, and pelvis). Good core strength improves balance and stability and helps to prevent lower back injury.
- Choosing activities that you enjoy. It's easier to make exercise a regular part of your life if you have fun doing it.
- Exercising safely, with proper equipment, to prevent injuries. Also, listen to your body and don't overdo it.
- Giving yourself goals. The goals should challenge you, but also be realistic. It's also helpful to reward yourself when you reach your goals. The rewards could be something big, like new workout gear, or something smaller, such as movie tickets.

Exercising Discussion Questions

1. What springs to mind when you hear the word 'exercise'?
2. Why is exercise so important?
3. What kind of exercise do you think is best?
4. How much exercise do you get each week? Do you think you get enough exercise?
5. Why do many people not exercise?
6. Do you think schools should give more time to students to play sports? Why or why not?
7. Should older people stop exercising? Why or why not?
8. Do you know how to swim? Is a pool or a beach the better place to swim? Why?
9. What sports do you think are really boring? Why?
10. Did you do any exercise or play any sports yesterday? If yes, what kind?
11. Do you think it's easy or difficult to find time to exercise during the day?
12. Do you think people who exercise are happier than those who don't?
13. Do you prefer team sports or individual sports? Why?
14. Is lifting heavy weights a good way to get strong and healthy? Why or why not?
15. What is the best age for children to learn how to swim? Why?
16. Do you think there should be a law that requires everyone to exercise?
17. What kind of exercise do you hate? Why don't you like it?
18. Would you like to be a professional athlete? Why or why not?
19. Is it more fun to exercise alone or with other people?
20. Do you need advice about how to exercise?
21. Do you like exercise? What is your favorite kind of exercise?
22. Who do you know who exercises a lot?
23. What are the bad things about exercise?
24. Which exercise would you prefer and why: jogging, swimming, cycling, strength exercises?
25. Is not exercising a crime against your body?
26. Do you think the government should do more to ensure everyone exercises?
27. How can you adapt the everyday things you do to increase your level of exercise?
28. Do you think exercising makes your brain work better?
29. What do you think about the idea of having higher medical care charges for those who don't exercise?
30. If exercise makes you live a lot longer, why do so many people not bother to do it?



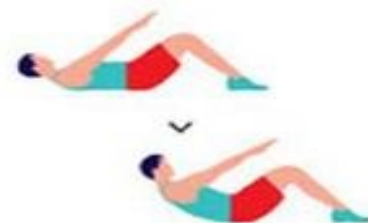
1. Jumping jacks



2. Wall sit



3. Push-up



4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

CHRONIC	ENDURANCE
AEROBIC	RESISTANCE
WORKOUT (N.)	WORKOUT (V.)
LIMBER	WORK YOUR WAY UP
CORE	STABILITY
OVERDO	TAILOR
PEDOMETER	STONE

<p>TO DO TOO MUCH</p>	<p>TO GRADUALLY MAKE PROGRESS IN REACHING A GOAL</p>
<p>OPPOSITION BY FORCE TO INCREASE STRENGTH OR ENDURANCE</p>	<p>FLEXIBLE</p>
<p>LONG LASTING OR CONSTANTLY HAPPENING AGAIN</p>	<p>STEADINESS, FIRMNESS</p>
<p>TO GIVE GREATER STRENGTH OR FIRMNESS TO THE BODY OR PART OF THE BODY</p>	<p>TO MAKE FOR A PARTICULAR PURPOSE OR PERSON</p>
<p>THE ABILITY OR STRENGTH TO CONTINUE OR LAST DESPITE FATIGUE OR STRESS</p>	<p>A SESSION OF VIGOROUS EXERCISE OR TRAINING</p>
<p>THE CENTRAL PART OF ONE'S BODY</p>	<p>DEVICE FOR MEASURING ONE'S STEPS</p>
<p>TO EXERCISE VIGOROUSLY</p>	<p>INVOLVING FREE OXYGEN</p>