5th Grade Physical Education Study Notes

Health-Related Components of Fitness

**FITT Principle** - a method for determining the appropriate physical activity to improve fitness.

- **F**requency - how often you do the activity each week (example: 3 sessions per week)
- **I**ntensity - how hard you work at the activity per session (mild, moderate, or vigorous)
- **T**ime - how long you work out at each session (measured in minutes or number of repetitions)
- **T**ype - the activities you select (will effect certain Components of Fitness)

**Health-related Fitness Component: Cardiorespiratory Endurance**
(The ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body’s tissues during long periods of moderate-to-vigorous activity)

- **Test item:** 1-mile
- **Activities:** jogging around neighborhood, biking, swimming, rollerblading, hiking
- **Frequency:** 3-5 times per week
- **Time/Repetitions:** 20 minutes or more per session
- **Safety Concern:** for jogging-make sure to wear athletic running shoes with shoe laces tied; I will drink water; for swimming- swim with a buddy/lifeguard; for biking- wear a helmet for protection; stretch before and after biking, jogging...;

**Health-related Fitness Component: Muscular strength and endurance**

- **Test item:** Push-ups
- **Activities:** push-ups, pull-ups
- **Frequency:** 2-4 times per week
- **Time/Repetitions:** based on your current ability level
Safety concern: don’t do pull-ups from a very high place; keep back straight while doing pushups

Health-related Fitness Component: Muscular strength and endurance
Test item: Curl-ups
Activities: curl-ups, crunches, v-sits
Frequency: 2-4 times per week
Time/Repetitions: based on your current ability level (example 5 minutes each session)
Safety concern: Bend your knees; allow your head and back protection on a mat

Health-related Fitness Component: Flexibility
(the ability to move the joints through a full range of motion)
Test item: Sit and Reach
Activities: Butterfly stretch, the actual sit and reach stretch, straddle stretch
Frequency: daily is recommended
Time/Repetitions: Hold each stretch 10-15 seconds with the stretching workout lasting 15 minutes or more
Safety concern: don’t stretch so far that it hurts; don’t have anyone push down on you when stretching