

# Unit 1 FITNESS FOR LIFE



## WHAT

are we learning?

- The Components of Fitness
- HIIT, Tabata, Step Aerobics
- Why is my physical fitness important?
- Physical Activity Tracker



## WHY

are we learning it?

- Helps strengthen muscles and bones
- Improves heart, lungs and overall health
- Reduces stress
- Helps stay focused in school



## HOW

will I know I learned it?

1. I can identify the components of fitness
2. I know the difference between HIIT, Tabata, and Step Aerobics
3. I can describe the concept of fitness
4. I can chart my physical activities outside of class

## WEEK 1: THE COMPONENTS OF FITNESS

**SKILL-RELATED FITNESS COMPONENTS**

- SPEED**  
The ability to perform actions or cover distance quickly.
- POWER**  
To ability to combine both speed and force in movements and actions.
- AGILITY**  
The ability to quickly change direction without losing speed or power.
- BALANCE**  
The ability to stabilize the body both in movement and when maintaining stillness.
- COORDINATION**  
The ability to use your senses in combination with your actions when in movement.
- REACTION TIME**  
The ability to respond quickly to what you feel, see or hear.

**HEALTH-RELATED FITNESS COMPONENTS**

- CARDIOVASCULAR ENDURANCE**  
Your body's ability to deliver oxygen to working muscles during exercise.
- MUSCULAR ENDURANCE**  
Your muscles' ability to exert force repeatedly or for an extended period of time.
- MUSCULAR STRENGTH**  
Your muscles' ability to exert a maximum amount of force in one effort.
- FLEXIBILITY**  
Your muscles' and joints' ability to move through their full range of motion.
- BODY COMPOSITION**  
Your body's ratio of lean muscle to stored fat.

## WEEK 2: HIIT TRAINING

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raining

High  
Intensity  
Interval  
Training

HIIT workouts generally combine short bursts of intense exercise with periods of rest or lower-intensity exercise.

Basic HIIT Training: 30 seconds of activity- 60 second rest

A typical HIIT session is about 20-45 minutes of working and resting

HIIT TRAINING  
INFOGRAPHIC



## WEEK 3: CIRCUIT TRAINING

Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to High-intensity interval training. It targets strength building and muscular endurance.

Circuit training consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise. An example of a simple circuit training workout might consist of push-ups, sit-ups, squats, chin-ups and lunges.

The most important difference between circuit training and HIIT is that HIIT is done at a maximum effort. If you are rating effort on a 0 (no exertion) to 10 (maximal exertion), then you are working at 8 or higher.

# WEEK 4&5: STEP AEROBICS

Step aerobics is a choreographed routine of stepping up and down on a rectangular, square, or circular platform - also called step training

Common moves include:

Basic Step

Corner knee (or corner kick)

Repeater knee (aka Triple knee)

T-Step

V-Step

Straddle Down

L-Step

Example video



# WEEK 6: FITNESS TESTING

PACER TEST

# VOCABULARY TO KNOW

Cardiovascular Endurance

Muscular Strength

Flexibility

Body Composition

Muscular Endurance

Speed

Agility

Power

Balance

Coordination

Fitness

HIIT

Circuit Training

Step Aerobics

# ASSESSMENT

PHYSICAL ACTIVITY LOG