



Physical Education at Home



We hope you are staying healthy during this extended break from school. As a physical education staff, we have a variety suggested activities and websites with ideas of how you can continue to be active over the upcoming weeks.

Middle School students are recommended to complete 60 minutes of activity every day. We encourage you to help around the house and/or try a variety of the sites listed below to continue to improve on the five health-related components of physical fitness while you are on this break: Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Flexibility, and Body Composition.

To help you complete the recommend daily activity we have attached a daily fitness log and the 5 health-related components of fitness. You will have the opportunity to turn in this log when you return to school if you chose to complete it. The log should be filled in for the number of physical educations days you were gone. Have fun, Stay Safe!

- **Attached: The Fitness Log**
- **Attached: 5 Health-Related Components of Fitness**

Possible Suggested Activities to Help Around the House:

Vacuuming, Window Washing, Raking, Cleaning the Garage, Cleaning the Bathroom, Cleaning your Bedroom, Washing the Floor, Cleaning the Bathroom, Doing Laundry, Washing the Vehicle, Cleaning the Inside of the Vehicle, Cleaning up after your Pets, Walking the Dog(s), Washing Dishes, Playing with Siblings, Building Something, Prepare a Meal.

Other Fitness Activities at Home:

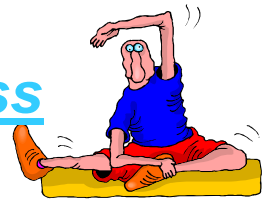
Biking, Walking, Jogging, Trampoline, Sit-ups, Push-ups, Jumping Jacks, Air Squats, Burpees, Lunges, Aerobics, Yoga, Tabata.

Physical Education Online Resources:

FitBoost	https://fit.sanfordhealth.org/fit-boost
GoNoodle	https://www.gonoodle.com/
Fitness Simon	https://drive.google.com/file/d/1pQQedOY7t2Z-oNAPA2XSrl-vlqkx5rB9/view
Dance Moves Challenge	https://sites.google.com/view/dance-move-challenge/home?authuser=1
Yoga Dice/Coin Activity	https://sites.google.com/view/yogadice/home?authuser=1
Jump Start Johnny	https://www.jumpstartjonny.co.uk/home
Darebee	https://darebee.com/collections.html
Move to Learn	https://movetolearnms.org/for-the-classroom/



5 Health Related Components of Fitness



Health Related Fitness (HRF) focuses on factors that improves optimum health and reduces the risk of diseases and health problems associated with physical inactivity (heart disease, diabetes II, high blood pressure, obesity, osteoporosis, etc.).

Cardiovascular Endurance: involves the ability of the **heart and lungs** to supply oxygen and nutrients to the working muscles for an extended period of time.

- Aerobic fitness is the ability of the circulatory and cardiovascular systems to adjust to and recover from the effects of moderate to vigorous activity (brisk walking, jogging, swimming, bicycling etc.).
- **Fitness Tests**= Mile Run & Pacer

Muscular Strength: is a measure of the **greatest force** that can be produced by a group of muscles.

- The benefits of increasing muscular strength include a reduced risk of injury as well as improved posture, physical performance, and body composition.
- **Fitness Tests**= Push up test & Curl up test

Muscular Endurance: is the ability to contract a muscle or group of muscles **repeatedly without being tired**.

- The longer a muscle is used the greater its endurance becomes.
- The primary reason for developing muscular endurance is to enable participation in activity for longer periods of time before feeling fatigued.
- Most activities for daily living involve muscular endurance movements.
- **Fitness Tests**= Push up test & Curl up test

Flexibility: is the ability of a joint to move freely in a given direction or more specifically, through a full and normal **range of motion**.

- Good flexibility may reduce muscle/joint injuries and may improve athletic performance. Flexibility can be improved by using proper warm-ups and stretching techniques.
- **Fitness Tests**= Sit & Reach & Shoulder Stretch

Body Composition: refers to the quality or makeup of the **total body mass**. Total body mass is composed of lean body mass and fat mass.

- Lean body mass includes a person's bone, muscles, organs and water. Fat mass is fat adipose tissue.
- The measuring of body composition determines the relative percentages of the individual lean body mass and fat mass.
- People with high percentages of body fat have a higher risk for heart disease, obesity, high blood pressure, diabetes, and other chronic diseases.
- **Fitness Test** = Height & Weight



Name: _____

Grade: ____ HOUR: _____ Day 1 2

Teacher: Mrs. Gluch Mr. Klay Mr. McCarthy Mr. Schiefelbein Mrs. Schwamberger

Physical Education Fitness Log

Date	Workout	Component(s) of Fitness	Activity	How Long
Mar 18	1			
Mar 19	2			
Mar 20	3			
Spring Break				
Mar 30	4			
Mar 31	5			
Apr 1	6			
Apr 2	7			
Apr 3	8			
	9			
	10			
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