

| 6th-8th Grade | Days | Activity Assignments Read all the items in the margins and complete the activities as directed. |
|--|------|--|
| <p style="text-align: center;">ALL ASSIGNMENTS WILL BE GRADED. TOTAL of <u>5</u></p> <p style="text-align: center;"><u>These assignments need to be completed and turned in no later than April 3.</u></p> | 1 | Read the articles. Answer the questions that are listed in the Learning Activities box. The articles are printed out. These same articles can be used for Day 1, 2, 3, and 5 assignments to better help you. |
| | 2 | Look at the table that is attached to Day 2 sheet. Create a workout plan that <u>looks exactly alike</u> . You will have to use a sheet of paper and draw the same table but CREATE your own workouts. <u>Do not COPY the same workout plan. that will result in a "0" - "Zero"</u> |
| | 3 | Write a ONE PAGE paper about how the workout went...If you type then that's fine, just print it out by the time you turn it in. The sheet of Day 3 will give you questions to help you complete your one page paper (look in the Learning Activities box) |
| | 4 | Create a 5 day Meal Plan. Follow the guidelines listed in the Learning Activities Box. Use the information provided (Healthy Eating Styles, etc) |
| | 5 | Same as DAY 2 EXCEPT you are creating a plan for the community. Use the same table you used for Day 2 but think about the community as you complete the plan. Follow the guidelines provided on the Day 5 sheet - listed under the Learning Activites box. |

Physical Education/Health Grade 6th-8th

Day 1

| | |
|------------------------------------|---|
| Standards | PE: 8-2.3 Identify the five components of health-related physical fitness (muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition) and, with limited teacher assistance, use them to design a personal health-related physical fitness plan based on FITT (frequency, intensity, type, and time) training principles. |
| Learning Targets/ I can Statements | I can recall the five components of health related fitness. I can recall and apply the FITT Principle. |
| Essential Questions | How much do I need to exercise to improve my physical fitness? |
| Resources | https://www.spps.org/Page/18206 (page 2) https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593 (pages 3-6) |
| Learning Activities of Experiences | Read both articles (pages 2-6). Answer the follow questions on a sheet of paper or word document: 1. In your own words define each of the 5 health related components of fitness. 2. In your own words define the FITT principle. 3. Why are the 5 health related components of fitness important to your life? |

Physical Education/Health 6-8

Day 5

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|------------------------------------|---|
| Standards | N-8.1.3 Explain the mental, social and physical benefits of moderate to vigorous physical activity. P-8.1.1 Explain the components of personal wellness. |
| Learning Targets/I Can Statements | Target: Complete a wellness plan to enhance a community. |
| Essential Question(s) | What actions would need to be in place to improve a community's health and wellness? |
| Resources | https://www.spps.org/Page/18206 (page 2) https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593 (pages 3-6) |
| Learning Activities or Experiences | Create a physical activity wellness plan for a community. Physical Activity: <ul style="list-style-type: none"> • Create a plan to get your community members moving and active. • Must be at least 30 minutes/day. • Must be a different activity each day. |

Source: <https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593>

The F.I.T.T. Principle for an Effective Workout

Change these elements to achieve new fitness goals

By
Paige Waehner

Paige Waehner is a certified personal trainer, author of the "Guide to Become a Personal Trainer"; and co-author of "The Buzz on Exercise & Fitness."

Reviewed by Heather Black on January 15, 2020

Heather Black, CPT is a NASM-certified personal trainer and owner of Heather Black Fitness & Nutrition where she offers remote and in-person training and nutrition coaching.

Understanding the F.I.T.T. principle helps you create a workout plan that will be more effective in reaching your fitness goals. F.I.T.T. stands for frequency, intensity, time, and type of exercise. These are the four elements you need to think about to create workouts that fit your goals and fitness level. Learn how the F.I.T.T. principle works.

Frequency

The first thing to set up with your workout plan is frequency—how often you exercise. Your frequency often depends on a variety of factors including the type of workout you're doing, how hard you're working, your fitness level, and your exercise goals.

In general, the exercise guidelines set out by the American College of Sports Medicine give you a place to start when figuring out how often to work out:

- **For cardio:** Depending on your goal, guidelines recommend moderate exercise five or more days a week or intense cardio three days a week to improve your health. If you want to lose weight, you'll want to work up to more frequent workouts, often up to six or more days a week.
- **For strength training:** The recommended frequency is two to three non-consecutive days a week (at least one to two days between sessions). Your frequency, however, will often depend on the workouts you're doing, because you want to work your muscles at least two times a week. If you do a split routine, like upper body one day and lower body the next, your workouts will be more frequent than total body workouts.

Intensity

Intensity has to do with how hard you work during exercise. How you can change the intensity depends on the type of workout you're doing.

- **For cardio:** For cardio, you will usually monitor intensity by heart rate, perceived exertion, the talk test, a heart rate monitor, or a combination of those measures. The general recommendation is to work at a moderate intensity for steady-state workouts. Interval training is done at a high intensity for a shorter period of time. It's a good idea to have a mixture of low, medium, and high-intensity cardio exercises so you stimulate different energy systems and avoid overtraining.
- **For strength training:** Monitoring the intensity of strength training involves a different set of parameters. Your intensity is made up of the exercises you do, the amount of weight you lift, and the number of reps and sets you do. The intensity can change based on your goals. If you are a beginner looking to build muscle stability and endurance, use a lighter weight and do fewer sets with high repetitions: two or three sets of 12 to 20 reps. If your goal is to grow muscle, do a higher number of sets with a moderate amount of repetitions (for instance, four sets of 10 to 12 reps each). If you want to build strength, use heavy weights to do a more sets with fewer reps (five sets of three reps each, for example).

Time

The next element of your workout plan is how long you exercise during each session. There isn't one set rule for how long you should exercise and it will typically depend on your fitness level and the type of workout you're doing.

- **For cardio:** The exercise guidelines suggest 30 to 60 minutes of cardio but the duration of your workout depends on what you're doing. If you're a beginner, you might start with a workout of 15 to 20 minutes. If you're doing steady-state cardio, such as going for a run or getting on a cardio machine, you might exercise for 30 to 60 minutes. If you're doing interval training and working at a very high intensity, your workout will be shorter, around 20 to 30 minutes. Having a variety of workouts of different intensities and durations will give you a solid, balanced cardio program.
- **For strength training:** How long you lift weights depends on the type of workout you're doing and your schedule. For example, a total body workout could take up to an hour, whereas a split routine could take less time because you're working fewer muscle groups.

Type

The type of exercise you do is the last part of the F.I.T.T. principle and an easy one to manipulate to avoid overuse injuries or weight loss plateaus.

- **For cardio exercise:** Cardio is easy to change, since any activity that gets your heart rate up counts. Running, walking, cycling, dancing, and the elliptical trainer are some of the wide variety of activities you can choose. Having more than one go-to cardio activity is the best way to reduce boredom, and your body needs variability along with progressive overload.
- **For strength training:** Strength training workouts can also offer variety. They include any exercise where you're using some type of resistance (bands, dumbbells, machines, etc.) to work your muscles. Bodyweight exercises can also be considered a form of strength training. You can easily change the type of strength workouts you do, from total body training to adding things like supersets or pyramid training to liven things up.

How to Use the F.I.T.T Principle in Your Workouts

The F.I.T.T. principle outlines how to manipulate your program to get in shape and get better results. It also helps you figure out how to change your workouts to avoid boredom, overuse injuries, and weight loss plateaus.

For example, walking three times a week for 30 minutes at a moderate pace might be a great place for a beginner to start. After a few weeks, however, your body adapts to these workouts and several things may happen:

- **Your body becomes more efficient at exercise:** The more you workout, the easier it is to do the exercises, causing you to burn fewer calories than you did when you started.
- **Weight loss:** Your new workouts may lead to weight loss. When you weigh less, you expend fewer calories moving your now-smaller body around.
- **Boredom:** Doing the same workout for weeks or months on end can get old, eating into your motivation to exercise.

It's at this point you want to manipulate one or more of the F.I.T.T. principles, such as:

- **Changing the frequency** by adding another day of walking
- **Changing the intensity** by walking faster or adding some running intervals
- **Changing the time** spent walking each workout day
- **Changing the type** of workout by swimming, cycling, or running.

Even just changing one of these elements can make a big difference in your workout and in how your body responds to exercise. It's important to change things up on a regular basis to keep your body healthy and your mind engaged.

Article Sources

Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our [editorial process](#) to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.

1. Garber CE, Blissmer B, Deschenes MR, et al. American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise. *Med Sci Sports Exerc.* 2011;43(7):1334-59. doi:10.1249/MSS.0b013e318213fe9b

Physical Education/Health Grade 6th-8th

Day 2

| | |
|------------------------------------|--|
| Standards | PE: 8-2.3 Identify the five components of health-related physical fitness (muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition) and, with limited teacher assistance, use them to design a personal health-related physical fitness plan based on FITT (frequency, intensity, type, and time) training principles. Health: N-8.6.2 Develop and implement a plan to increase physical activity. |
| Learning Targets/ I can Statements | I can recall and apply the health related fitness. I can recall and apply the FITT Principle. |
| Essential Questions | How much do I need to exercise to improve my physical fitness? |
| Resources | https://www.spps.org/Page/18206 (page 2) https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593 (pages 3-6) |
| Learning Activities of Experiences | On a sheet of paper or word document use the FITT Principle Chart to create a workout plan for the next 7 days. Complete the workout so that you will improve on 3 different components of fitness. |

Physical Education/Health 6th-8th

Day 3

| | |
|------------------------------------|--|
| Standards | PE: 8-2.3 Identify the five components of health-related physical fitness (muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition) and, with limited teacher assistance, use them to design a personal health-related physical fitness plan based on FITT (frequency, intensity, type, and time) training principles. Health: N-8.6.2 Develop and implement a plan to increase physical activity. |
| Learning Targets/ I can Statements | I can recall and apply the health related fitness. I can recall and apply the FITT Principle. I can demonstrate different exercises. |
| Essential Questions | How much do I need to exercise to improve my physical fitness? |
| Resources | https://www.spps.org/Page/18206 (page 2) https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593 (pages 3-6) |
| Learning Activities of Experiences | Complete 1 day of the workout you created. Write a one page reflection on how the workout went. Did you do enough exercise to improve your fitness? Why or why not? How will exercise enhance your life style? |

Fitness Plan

March 2020 (one week sample)

Period: _____

NAME: _____

Instructions: You are to record physical activities on this calendar. The FITT Principle (Frequency, Intensity, Time, and Type) will be your guide for filling in the log.

E = easy workout M = moderate workout H = hard workout

Three details are required for each entry.

1. INTENSITY: circle E, M, or H TIME: record total minutes active TYPE: record the activity you did

At the end of the week, add your total minutes of physical activity for the week which should be no lower than 180 minutes

Aerobic activities are those in which young people rhythmically move their large muscles for a sustained period of time. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Muscle-strengthening activities make muscles do more work than usual during activities of daily life. This is called overload, and strengthens the muscles. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Or they can be structured, such as lifting weights or working with resistance bands. Bone-strengthening activities produce a force on the bones of the body that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone-strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle-strengthening.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Signature |
|---|---|--|---|--|---|--|--|
| 16 I = E M H T = 45 minutes Aerobic Jump Rope Muscle Strength Push Ups Bone Strength Basketball | 17 I = E M H T = 32 minutes Aerobic Dancing Muscle Strength Curl Ups Bone Strength Swimming | 18 I = E M H T = 55 minutes Aerobic Skipping Muscle Strength Resistance Bands Bone Strength Football | 19 I = E M H T = 65 minutes Aerobic Running Muscle Strength Push Ups Bone Strength Tennis | 20 I = E M H T = 20 minutes Aerobic Dancing Muscle Strength Tug-of-War Bone Strength Hopscotch | 21 I = E M H T = 45 minutes Aerobic Jogging Muscle Strength Push Ups Bone Strength Jumping Rope | 22 I = E M H T = 65 minutes Aerobic Skipping Muscle Strength Curl Ups Bone Strength Basketball | Week's Total Minutes: 327 Signature: _____ |

Resource: <https://www.choosemyplate.gov/WhatsMyPlate>

Build a Healthy Eating Style

All food and beverage choices matter – focus on variety, amount, and nutrition.

- Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.
- Eat the right amount of calories for you based on your age, sex, height, weight, and physical activity level.
- Building a healthier eating style can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.

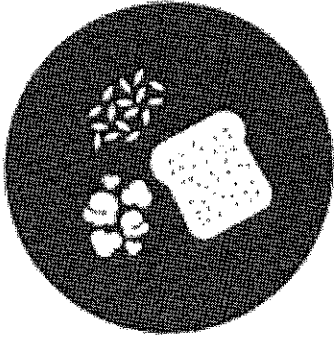
Choose an eating style low in saturated fat, sodium, and added sugars.

- Use Nutrition Facts labels and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.
- Look for food and drink choices that are lower in saturated fat, sodium, and added sugar.
 - Eating fewer calories from foods high in saturated fat and added sugars can help you manage your calories and prevent overweight and obesity. Most of us eat too many foods that are high in saturated fat and added sugar.
 - Eating foods with less sodium can reduce your risk of high blood pressure.

Physical Education/Health 6-8
Day 4

| | |
|---|--|
| Standards | N-8.1.1 Examine the benefits of choosing healthy foods while following the current federal Dietary Guidelines for Americans. P-8.1.1 Explain the components of personal wellness. |
| Learning Targets/I Can Statements | Target: Complete a wellness plan to enhance a community. |
| Essential Question(s) | What actions would need to be in place to improve a community's health and wellness? |
| Resources | https://www.choosemyplate.gov/WhatIsMyPlate (page 2-5) |
| Learning Activities or Experiences | You are in charge of creating a wellness plan for a community. Create a 5 day meal plan. Meal Plan: <ul style="list-style-type: none">• Create a 5 day meal plan to enhance your community's health.• Must have a plan for breakfast, lunch and dinner for 5 days.• Lunch and dinner must have all food groups present.• Each meal needs at least one fruit/vegetable serving. |

Grains - Make half your grains whole grains:

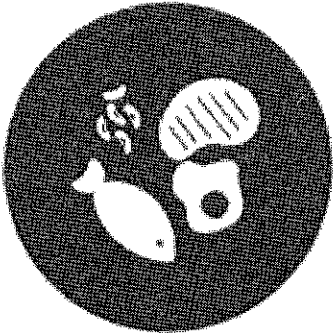


Popcorn is a whole grain! Pop a bag of low-fat or fat-free popcorn for healthier snack.

Whole grain pasta is great in baked dishes or pasta salad. If you choose refined grain pasta, make sure it's enriched by checking the ingredient list.

Ready-to-eat, wholegrain cereal is a tasty breakfast option or can be enjoyed as a whole grain snack.

Protein Foods - Vary your protein routine:

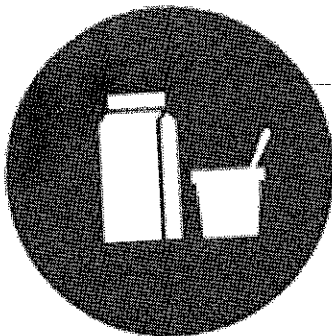


Make dinner once and serve it twice. Roast a larger cut of lean meat. Make a second meal using the 'planned-over' meat.

For car trips, pack a mixture of unsalted nuts, seeds and dried fruit for crunchy, protein-packed snack.

Keep seafood on hand. Seafood, such as canned salmon, tuna, or crab and frozen fish is quick and easy to prepare.

Dairy - Move to low-fat or fat-free milk or yogurt:



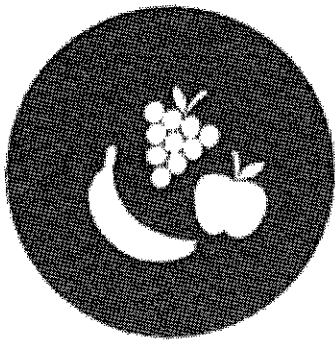
Make a smoothie by blending fat-free milk or yogurt with fresh or frozen fruit. Try bananas, peaches, or mixed berries.

For breakfast try low-fat or fat-free yogurt. Mix in cereal or fruit for extra flavor, texture and nutrients. Adding 8 oz. of low-fat or fat-free milk to your meal is one of the easiest ways to get dairy.



Start Simple with MyPlate

Start Simple with MyPlate and get tips, ideas and a personalized plan to meet your food group targets. Find what works for you and your family within your food preferences, health goals, and budget.



Fruits - Focus on whole fruits:

Eat seasonally! Checking what fruits are in season in your area can help you save money.

Craving something sweet? Try dried fruits like cranberries, mango, apricots, cherries, or raisins.

To meet your fruit goal—keep fresh fruit rinsed and where you can see it. Reach for a piece when you need a snack.



Vegetables - Vary your veggies:

Vary your veggies by adding a new vegetable to a different meal each day.

Add color to salads with baby carrots, shredded red cabbage, or green beans. Include seasonal veggies for variety throughout the year.

Vegetables go well with a dip or dressing. Try a low-fat dip or hummus with raw broccoli, red and yellow peppers, sugar snap peas, celery, cherry tomatoes or cauliflower.

Make small changes to create a healthier eating style.

- Think of each change as a personal “win” on your path to living healthier. Each MyWin is a change you make to build your healthy eating style. Find little victories that fit into your lifestyle and celebrate as a MyWin!
- Start with a few of these small changes.
 - Make half your plate fruits and vegetables.
 - Focus on whole fruits.
 - Vary your veggies.
 - Make half your grains whole grains.
 - Move to low-fat or fat-free milk or yogurt.
 - Vary your protein routine.

Support healthy eating for everyone.

- Create settings where healthy choices are available and affordable to you and others in your community.
- Professionals, policymakers, partners, industry, families, and individuals can help others in their journey to make healthy eating a part of their lives.