



#2. Physical Fitness Benefits

Class: _____

Type Instruction: Whole Class

Learning Objective(s): Students understand the mental, physical, and social benefits of regular exercise and fitness.

Length of Time: 10 Minutes

Ignite! Movies:

- The Five Components of Fitness
- Physical Fitness and You

Teacher Instructions: Play Ignite! movies with students and complete the following activity.

Part One: Students complete a compare and contrast chart.

Part Two: The Benefits of Regular Exercise and Fitness is a class discussion.

Target Vocabulary/Key Terms:

- | | |
|----------------------------|-----------------------------------|
| • <i>body composition</i> | • <i>cardiovascular endurance</i> |
| • <i>flexibility</i> | • <i>muscular endurance</i> |
| • <i>muscular strength</i> | • <i>physical fitness</i> |

Notes:



Name: _____



Cardiovascular Strength vs Muscular Strength

Directions: Complete the chart below comparing and contrasting cardiovascular strength and muscular strength.

Cardiovascular Strength

Muscular Strength

Describe each term.

What kind of exercise
improves it?

To which organ
systems
does it relate?

The Benefits of Regular Exercise and Fitness

Directions: As a class, discuss the following questions: what are the mental benefits of regular exercise and fitness? The physical benefits? The social benefits?