



It's Hip to be Fit?



Student Booklet

Name: _____

Date: _____

School: _____

Teacher: _____

Components of Fitness

There are four main components of Physical Fitness. Below are some exercises for each component to help you improve and maintain physical fitness.

Can you find 2 additional exercises for each component?

Cardiovascular Endurance

1. **Jumping Jacks:** for at least 1 min
2. **Jogging:** on the spot for at least 1 min
3. **Running laps** for a specified duration of time 5 min or more
4. **Skipping:** for at least 1 min
5. **Line Jumps** (Chose a line on the floor or sidewalk, both feet together and jump over to other side continuously for 1 min)_____
6. _____
7. _____

Muscular Endurance

1. **Arms Circles:** both arms together 30 secs
2. **Wall Sit:** at least 45 seconds
3. **Stationary Lunges:** alternate legs 45 secs
4. **Body Plank:** hold for 45 seconds
5. **Sit Ups:** try as many as you can
6. _____
7. _____



Muscular Strength

1. **Standing Long Jump** : how far can you jump?
2. **Push Ups** : How many can you do in 30 secs?
3. **Bicep curls** - how many can you do in 30 secs?
4. **Tricep Dip** on a chair - How many can you do in 30 secs
5. _____
6. _____

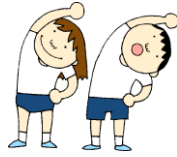


Flexibility

1. **Calf Stretch**: toe to the ceiling - 15 seconds each side
2. **Tricep Stretch**: (Overhead back scratch) – 15 seconds
3. **Touch your Toes**: legs straight – 15 seconds
4. **Cobra Stretch**: lie on your stomach and push up with hands – 15 seconds
5. _____
6. _____

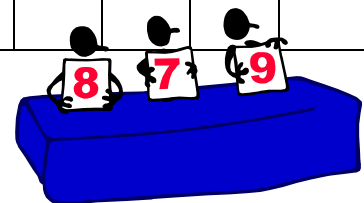


Exploring Components of Fitness!



What component of fitness are you performing? Perform exercise 1-10 and in the table below check off which component(s) of fitness you think the exercise is in the adjacent boxes.

Movement	Yes/No or your score	Cardio-vascular Endurance	Flexibility	Muscular Strength	Muscular Endurance	Balance	Agility	Reaction Time	Coordination
1. How many times can you skip in 1 minute?									
2. How many sit ups can you do in 1 minute?									
3. How long can you hold a plank?									
4. Sit with legs straight out in front of you. Can you touch your toes?									
5. How many jumping jacks can you do in 1 minute?									
6. How many squats can you do in a minute?									
7. How far can you jump using a 2 foot take off (no running)?									
8. How many times in 1 minute can you power jump?									
9. Can you touch your hands behind your back?									
10. How many burpees can you do in a minute?									



Rate Yourself!



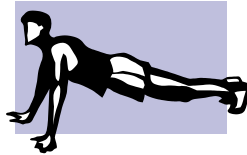
Analyze your individual fitness based upon what you did in the last activity. How do you think your fitness is in each different component? Write in the space below...

Components of Fitness	Need to Improve	Good	Excellent
Cardiovascular Endurance			
Flexibility			
Muscular Strength			
Muscular Endurance			
Coordination			
Balance			
Agility			





My Personal Fitness Profile



Name: _____

Class: _____

Age: _____

Birth date: _____

	Cardiovascular Fitness: Beep test	Flexibility: Sit and Reach	Abdominal Strength & Endurance: Sit Ups	Arm Strength & Endurance: Push Ups	Did I reach my goal	
					Yes	No
Date						
Week 1						
Date						
Week 2						
Date						
Week 3						
Date						
Week 4						

My Personal Fitness Goal for Remote Learning

Cardio Jumping Jack Challenge	
Flexibility Sit & Reach	
Strength: Sit-up Test	
Strength: Push-up Test	





My Self Evaluation: Personal Fitness

I feel I did well in: _____

I need to work harder in: _____

To reach my goals in the future, I plan to do the following:

- Cardiovascular Fitness: _____

- Flexibility: _____

- Muscular Strength: _____

- Muscular Endurance: _____



Hip to be Fit Activity Challenge

My Lifestyle Habits

What are your lifestyle habits? Determine those that are good for you and those that are harmful to your health and well-being.

My unhealthy lifestyle habits	My healthy lifestyle habits
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	7.
8.	8.
9.	9.
10.	10.

The Activity Challenge: What Planning do I need to do?

In order to achieve the “Hip to be Fit Activity Challenge” you must plan to regularly participate in at least one physical activity several times during the school year. Refer to the list below to help you choose an enjoyable physical activity that you are able to do.

PHYSICAL ACTIVITIES		
Walking	Speed walking	Soccer
Ball game	Cycling	Football
Jogging	Badminton	Dancing
Swimming	Judo	Tennis
Gymnastics	Karate	Jump rope
Hockey	TikTok Dance Battles	Basketball
Tag games	Ball games	Table tennis
Baseball	Mountain biking	Flag football
		Other:

HTBF Activity Challenge for March

Objective:

Frequency (F): You must be active at least 3 times a week to meet your two-week challenge for March.

Intensity (I): Each activity must be moderate to high intensity e.g. You sweat and your heart rate increases.

Time (T): Activities should last a minimum of 10 to 15 minutes with or without a break.

Type (T): You must participate in one or more physical activities, mainly at school. It would also be beneficial for you to be physically active at home and in the community.

PLANNING MY PHYSICAL ACTIVITIES

Instructions: On the calendar below, indicate the physical activities and the amount of time you intend to devote to them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIME:	TIME:	TIME:	TIME:	TIME:	TIME:	TIME:
TIME:	TIME:	TIME:	TIME:	TIME:	TIME:	TIME:

My Evaluation: Did I meet the Challenge?

- I achieved my objective: yes no
- Meeting my challenge was: Easy difficult very difficult
- Why do you think meeting your challenge was easy, difficult or very difficult? _____

Teachers and Parents Comments: I certify that these are the actual results.

Teacher's signature: _____ Date: _____

Parent's signature: _____ Date: _____

HTBF Activity Challenge for April

Objective:

Frequency (F): You must be active at least 3 times a week to meet your two-week challenge for April.

Intensity (I): Each activity must be moderate to high intensity e.g. You sweat and your heart rate increases.

Time (T): Activities should last a minimum of 10 to 15 minutes with or without a break.

Type (T): You must participate in one or more physical activities, mainly at school. It would also be beneficial for you to be physically active at home and in the community.

PLANNING MY PHYSICAL ACTIVITIES

Instructions: On the calendar below, indicate the physical activities and the amount of time you intend to devote to them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIME:	TIME:	TIME:	TIME:	TIME:	TIME:	TIME:
TIME:	TIME:	TIME:	TIME:	TIME:	TIME:	TIME:

My Evaluation: Did I meet the Challenge?

- I achieved my objective: yes no
- Meeting my challenge was: Easy difficult very difficult
- Why do you think meeting your challenge was easy, difficult or very difficult? _____

Teachers and Parents Comments: I certify that these are the actual results.

Teacher's signature: _____ Date: _____

Parent's signature: _____ Date: _____

HTBF Activity Challenge for May

Objective:

Frequency (F): You must be active at least 3 times a week to meet your two-week challenge for May.

Intensity (I): Each activity must be moderate to high intensity e.g. You sweat and your heart rate increases.

Time (T): Activities should last a minimum of 10 to 15 minutes with or without a break.

Type (T): You must participate in one or more physical activities, mainly at school. It would also be beneficial for you to be physically active at home and in the community.

PLANNING MY PHYSICAL ACTIVITIES

Instructions: On the calendar below, indicate the physical activities and the amount of time you intend to devote to them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIME:	TIME:	TIME:	TIME:	TIME:	TIME:	TIME:
TIME:	TIME:	TIME:	TIME:	TIME:	TIME:	TIME:

My Evaluation: Did I meet the Challenge?

- 7. I achieved my objective: yes no
- 8. Meeting my challenge was: Easy difficult very difficult
- 9. Why do you think meeting your challenge was easy, difficult or very difficult? _____

Teachers and Parents Comments: I certify that these are the actual results.

Teacher's signature: _____ Date: _____

Parent's signature: _____ Date: _____

You have completed Hip to be Fit LES