BALANCE YOUR FITNESS

SPARK™ Home Play
FITNESS CIRCUITS

GRADES 3-6

Remember, fitness is about trying to balance all the components of health-related fitness: Aerobic capacity, muscular strength and endurance, flexibility and body composition. The FITT principle is not a school principal that stays in shape, but an acronym for Frequency, Intensity, Time and Type. This means that you do the exercises often (most days), gradually make them harder and do them longer, and vary the type of activity you choose. For the next 2 weeks write down all the activities you do and how many minutes you did them. Try to fill in something for each component every day. Challenge yourself to see how much variety you can balance. Record your minutes for the week and try to be active for more minutes the next week.

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Total
Aerobic Capacity								
Strength and Endurance								
Flexibility								
Body Composition								
Daily Minutes								

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Total
Aerobic Capacity								
Strength and Endurance								
Flexibility								
Body Composition								
Daily Minutes								

SAMPLE ACTIVITIES

Aerobic Capacity	Strength and Endurance	Flexibility	Body Composition
Walking Bicycling Running Swimming Dancing Playing soccer Playing basketball Rollerblading X-country Skiing Chores that last more than 10 minutes (like vacuuming, raking leaves, etc.)	Lunges Wall Sits Push-ups Curl-ups Plank-position hold Push-up hockey Crab Dips	Calf Stretch Shin Stretch Hamstrings Stretch Quadriceps Stretch Hip-flexor Stretch Pectoral Stretch Upper-back Stretch Neck Stretch	No sodas today. Drink 8 glasses of water. Try a new fruit/vegetable. Pay attention to serving size. No junk food today. Have a healthy snack. Eat 5 servings of fruits and vegetables. Choose whole grains. Drink low or non-fat milk. Eat lean or low-fat meats.

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Some Things You Really Must Know

What is Health Related Fitness?

✷ Aerobic Capacity

Sometimes you might hear people call this *cardio-respiratory or cardiovascular endurance*. Cardio means "heart." This literally means how much endurance your heart has and its ability to pump blood and supply oxygen to your lungs and muscles during exercise. To become more fit, choose activities that keep your heart beating for a sustained period of time like jogging, biking, swimming or playing soccer.

✷ Muscular Strength

How strong are you? Running fast, jumping high, shooting a basketball or riding a bike up a hill require your muscles to work hard. Muscular strength is how much force your muscles exert when you are physically active. To strengthen your muscles so they are strong enough to help you do the things you want, you need to work them several times a week like with pushing, pulling, lifting and lowering. Helping with chores and doing calisthenics all help you get stronger. TV watching does not.

✷ Muscular Endurance

How quickly do you get tired when you exercise? Muscles eventually get fatigued when they work for long periods of time. This is why your legs tire when you ask them to climb a mountain only once in a while, or why your chest is sore after doing a bunch of push-ups. Muscular endurance is the muscle's ability to perform without getting tired quickly. Doing activities for a longer period of time helps you gain endurance.

✷ Body Composition

Take a look at your classmates. Did you ever notice that they are all different shapes and sizes? Doctors refer to this as body composition, which means how much of your body is composed of fat and how much is muscle. Having too much or too little body fat is not healthy. Finding the right balance is important. Body composition can be estimated using a formula called Body Mass Index (BMI). You will have to know how tall you are and how much you weigh. Then get an adult or teacher to help you go on the Internet and find a BMI calculator to determine your BMI. Remember, a BMI number is just an estimate, but it will give you some idea if you are underweight, average weight, at risk of becoming overweight, or are already overweight.

✷ Flexibility

How far can you bend and stretch? By now you know that muscles should be strong, but to do their very best job they need to be flexible as well. When 2 or more bones are joined together, they make a joint. For example, the elbow, hips and knees are all joints. Flexibility is the range of motion of the joints. Being flexible helps you perform better and possibly reduces the risk of injuries.

Fitness Funnies

- The older you get, the tougher it is to lose weight because, by then, your body and your fat are really good friends.
- One of life's mysteries is: How can a 2-pound box of candy make someone gain 5 pounds?
- I'm in shape. Isn't "round" a shape?
- You have to stay in shape. My mother started walking 5 miles a day when she was 60. She's 97 now, and we have no idea where she is.
- The only exercise I get is jumping to conclusions, flying off the handle and running scared.

GRADES 3-6 BETWEEN WORKOUTS

In between workout sets or when you need a break, check out these websites to learn more about health and fitness!

MyPyramid
www.mypyramid.gov/kids/index.html
This site includes interactive nutrition games and information on how to eat healthier.

KidsHealth
www.kidshealth.com/kid
Answers to any questions you might have about your health – from feelings, to why you might be feeling sick, to information about your body. Answers for kids to questions asked by kids.