

## **Creative Classroom Activities for Personal Fitness**

### Contact Information:

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### About the Presentation:

This presentation will focus on ways to make the classroom portion of the personal fitness class more interesting. A variety of instructional games, tutorials, lesson presentations and class activities will be demonstrated. Teachers will also learn how to create many activities and sources for additional activities.

### Using this Handout:

This handout describes the activities which will be demonstrated in the presentation and provides resource information for many of the activities.

### Presentation Summary:

Main points: The following key points will be presented:

- Teachers need to use creative ways to gain student interest in the classroom portion of personal fitness.
- There are many simple ways to create engaging instructional games and activities.
- Classroom activities need to be planned.

Participants will gain information on the following topics:

- Instructional Games
  - Muscle Game
  - Jeopardy
  - Vocabulary Cards
- Tutorials and Reinforcement
  - PowerPoint Reviews
  - Interactive Quizzes
  - Podcasts
- Individual and Group Class Activities
  - Crossword Puzzles
  - Labs
  - Webquests
- Engaging presentations
- Creating Podcasts

NASPE Standards which are addressed include:

2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.


# Creative Classroom Activities for Personal Fitness

## General Strategies

- Plan, plan, plan!
- Keep the students involved
- Start with existing resources
- Then learn to develop your own
- Involve students through class projects
- Use a circuit approach

## Instructional Games

**Name this muscle...**



Click on the name of the muscle:

- Deltoid
- Biceps
- Triceps
- Pectoralis

Get Active – Get Fit!

Just Get Moving	Exercising Safely	Skill Related Fitness	Making an Activity Plan
100 Points	100 Points	100 Points	100 Points
200 Points	200 Points	200 Points	200 Points
300 Points	300 Points	300 Points	300 Points
400 Points	400 Points	400 Points	400 Points
500 Points	500 Points	500 Points	500 Points

**Static Stretch...**

Gradually stretching the muscle and holding it for 15 to 30 seconds.

Next Vocabulary Term

## Tutorials and Reinforcement Activities

**Selecting Cardiorespiratory Fitness Activities**

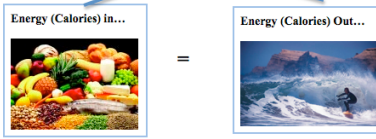


**Which fitness tests are good estimates of cardiorespiratory fitness?**

- Push ups and curl ups
- Trunk extension and sit and reach
- Pull ups and one mile walk
- PACER test and one mile run

**The Energy Balance**

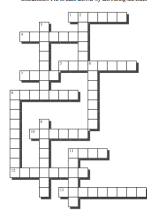
Energy (Calories) in... = Energy (Calories) Out...



## Individual and Group Class Activities

**Chap12-Cardiorespiratory Fitness**

Instructions: Fill in each answer by unscrambling the class below.



**Across Clues**

- \_\_\_\_\_ is the highest point of the breathing system in which the body is exposed to the outside air.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one breath.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one minute.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one hour.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one day.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one week.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one month.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one year.

**Down Clues**

- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one breath.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one minute.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one hour.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one day.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one week.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one month.
- \_\_\_\_\_ is the amount of air that enters or leaves the lungs in one year.

**Lab 6-1**  
**Your Target Heart Rate Zone**

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

**Procedure:** Target heart rate zone is the safe and comfortable heart rate range in which your heart rate should be while performing cardiorespiratory exercise (jogging, brisk walking, cycling, swimming, etc.). Keeping your heart rate within this zone helps your heart become stronger.

**Results:** Using the formula below, calculate your target heart rate zone using the Heart Rate Maximum Method:


- Find your maximum heart rate (MHR) by multiplying your age by .7, then subtract the answer from 208.
 

_____	Age
X .7	
_____	Answer: Age X .7
208	
- _____	Answer: Age X .7
_____	Maximum Heart Rate (MHR)
- Enter your lower training % . Use 55% for low fitness, 65% for moderate fitness or 75% for high fitness.
 

X _____	Enter your lower training % . Use 55% for low fitness, 65% for moderate fitness or 75% for high fitness
_____	Lower Target Heart Rate (Beats Per Minute)

**A WebQuest About WebQuests**

Middle School / High School Humanities Version  
by Bernice Dodge  
Ed Tech Department, San Diego State University



**Introduction**

Since early in 1992, teachers everywhere have learned how to use the web well by adopting the WebQuest format to create inquiry-oriented lessons. But what exactly is a WebQuest? What does it need to do and how do you know a good one when you see it? In the space of 90 minutes, you're going to grapple with these questions and more.

**The Task**

To develop great WebQuests, you need to develop a thorough understanding of the different possibilities open to you as you create web-based lessons. One way for you to get there is to critically analyze a number of WebQuest examples and discuss them from multiple perspectives. That's your task in this exercise.

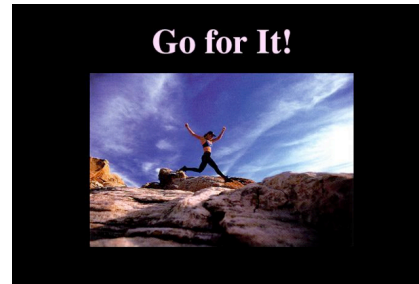
By the end of this session, you and your group will answer these questions:

- Which two of example WebQuests listed below are the best ones? Why?
- Which two are the worst? Why?
- What do best and worst mean to you?

**The Process**

First, each participant will have a hard copy of this worksheet. To answer the questions given above, you'll break into groups of four. Within the group, each of you will take on one of the following roles:

## Engaging Presentations

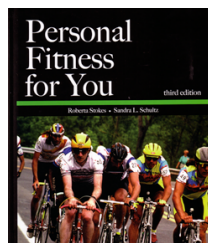


## Creating Podcasts

- Resize images for highest quality – 640 x 480 was chosen
- Using Photoshop modify backgrounds of images as needed
- Record the audio track using Apple's Garage Band software. Export the audio file as an AAC or AIFF file.
- Using QuickTime import the images.
- Then import the audio track..
- Adjust the length of the the audio and images to match.
- Save as a Quicktime movie (.mov) with the following specifications:
  - Resolution 640 pixels wide by 480 pixels tall
  - Video: Apple Photo JPEG Compressor
  - Audio: Standard QT audio at 44khz, 16-bit
  - Data rate: 1.5 mb/sec
- Then export the file into MP4 for use with iPods.

## Resources

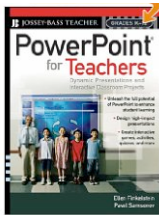
- *Personal Fitness for You* CD's – Hunter Textbooks, Inc.



- *Get Active! Get Fit!* – Hunter Textbooks, Inc.



- *PowerPoint for Teachers* – Ellen Finkelstein, Pavel Samsonov, Jossey-Bass Publishing



Information on creating dynamic presentations and interactive classroom projects

- *Crossword Wizard* – crosswordwizard.com



Create a variety of puzzles and word games.

## Web Resources

- Wilder's Presentation Points  
Great information to help you make better presentations and instructional programs.

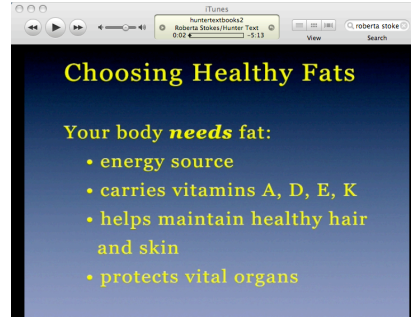
wilderpresentations.com



- iTunes

Download a variety of instructional podcasts.

[www.apple.com/itunes/download/](http://www.apple.com/itunes/download/)



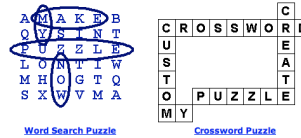
- Puzzles, word games, etc.

Free on-line puzzle maker programs:

[www.puzzle-maker.com/cw/](http://www.puzzle-maker.com/cw/)  
[puzzlemaker.discoveryeducation.com/](http://puzzlemaker.discoveryeducation.com/)

**Free Online Puzzle Maker**

Free Puzzle Maker: Choose your puzzle type:



- Diet Analysis

MyPyramid  
 Food tracker – [mypyramid.gov](http://mypyramid.gov)



# NAT

Free online food analysis program - [www.nat.uiuc.edu/mainnat.html](http://www.nat.uiuc.edu/mainnat.html)

The screenshot shows the 'Nutrition Analysis Tool 2.0' website. On the left is a vertical navigation menu with links: NAT Home, About NAT, NAT Tool Version 2.0, NAT 2.0 Help, Energy Calculator, Educational Resources, Additional Materials, Research Info, and Contact Us. The main content area is divided into three steps: STEP 1: Enter your personal information (with a dropdown for age and gender), STEP 2: Select foods to be analyzed (with an 'Add Food' button), and STEP 3: Submit your foods for analysis. A 'NEW!' banner highlights new features in the 'Additional Materials' and 'Research Info' sections.

## • Ellen Finkelstein

The screenshot shows the homepage of Ellen Finkelstein.com. It features a navigation bar with 'AutoCAD', 'PowerPoint', 'About', and 'Links'. The main content area is titled 'PowerPoint Tips' and includes a search bar and a list of articles such as 'Get This Slide!', 'RSB: What is it?', 'Go To E-Store', and 'Email A Tip'. The site is designed with a blue and white color scheme.

[www.ellenfinkelstein.com](http://www.ellenfinkelstein.com)

A great resource for using Power Point. Free email newsletter with current ideas, backgrounds, etc.

## Creating a webquest...

The screenshot shows the 'PowerPoint Tips & Tutorials' page. It features a navigation bar with 'AutoCAD', 'PowerPoint', 'About', and 'Links'. The main content area is titled 'PowerPoint Tips & Tutorials' and includes a search bar and a list of articles such as 'Presentation Skills', 'Free PowerPoint Graphics', and 'Create a WebQuest in PowerPoint'. The page also includes a section for 'WebQuests' with a list of components and a 'WebQuest about WebQuests' link.