

Fit for Fun



TREND TASK

Approach: Station

Focus: Exercise planning.

Resources: Video recording on laptop computer.

Level: Year 4 and year 8

Questions/instructions:

This activity uses the computer.

Click on the button that says **Fit for Fun**.

Click the **Play** button to hear the video.



Video Script:

Hi, I'm Patrick.

At our school we have a fun team that does all sorts of really fun things, like skateboarding, canoeing and going to the beach. Sometimes we even go pony riding.

The thing is, you need to be really physically fit to join, otherwise you just can't enjoy taking part in everything. I know I'm far from fit but I really want to be in the fun team so I need to get fit.

I'm not sure what I should do to get fit so I'm asking you to help me. I want you to make a fitness plan for me. The fitness plan needs to say things I need to do to get fit and how often I need to do them. Thanks for helping me.

Patrick says he really wants to join the school's fun team, but he isn't anywhere near fit enough.

He wants you to make up a plan for getting fit.

Write down a plan that you think will help Patrick to get fit.

Ask the teacher if you want help with writing.

| | % responses | |
|--|-------------|------------|
| | 2002 ('98) | 2002 ('98) |
| | year 4 | year 8 |
| Inclusion of multiple dimensions (endurance, strength, flexibility): | | |
| excellent | 1 (2) | 4 (8) |
| good | 6 (13) | 13 (14) |
| moderate | 36 (37) | 38 (42) |
| poor | 57 (48) | 45 (36) |
| Inclusion of progression (graduated improvement): | | |
| excellent | 0 (0) | 2 (1) |
| good | 0 (1) | 4 (2) |
| moderate | 2 (3) | 7 (16) |
| poor | 98 (96) | 87 (81) |
| Inclusion of evaluation/monitoring of progress: | | |
| excellent | 0 (0) | 0 (0) |
| good | 0 (0) | 0 (2) |
| moderate | 1 (2) | 2 (3) |
| poor | 99 (98) | 98 (95) |
| Inclusion of balance (exercise, diet, rest, etc.): | | |
| excellent | 0 (1) | 2 (2) |
| good | 6 (5) | 12 (11) |
| moderate | 33 (33) | 46 (47) |
| poor | 61 (61) | 40 (40) |
| Is plan realistic for a child? | 71 (75) | 79 (76) |
| Is warm-up or warm-down mentioned? | 2 (7) | 6 (12) |
| Total score: | 6-13 | 3 (4) |
| | 4-5 | 18 (30) |
| | 2-3 | 55 (48) |
| | 0-1 | 24 (18) |

Commentary:

Most exercise plans developed were single dimensional (usually focused on endurance), with no emphasis on a gradual build-up or evaluating progress, and no discussion of balance, warm-up or warm-down. There was little change between 1998 and 2002.