

How fit?

Approach: Station

Level: Year 4 and year 8

Resources: None

Questions/instructions

It is important to know how fit you are.

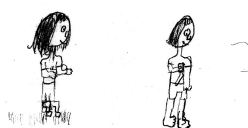
Make a plan which shows what you could do to test your own fitness. Ask the teacher if you want help with the writing.

My plan for finding out how fit I am.

1. Stand on scales



Get someone to time you at something like running



1) Take your resting pulse.
2) Get your heart racing & then take your pulse.
3) For every minute after that take your pulse & see how many minutes it takes for your pulse to get back to normal.

go for a run and if you can run fast then you are fit. Ask the doctor how fit you are. Eat lots of fruit. go for a run every morning and night. Drink lots of water. do the gardening.

Run and Run on one spot and they'll time how long (time) you've ran.

Do a "Beep" test. The timer beeps every minute. Two people ~~stand~~ stand on both sides of the room. The other people run and if the timer beeps and you're not on a side, you're out. The person last to get out is the fittest. The first one is bad at P.E.

what I would do is get a stop watch and time my self on a run to see how long I can run for non stop.

If I get between

5-10 minutes I am un fit

10-30 minutes I am in the middle

30-60 minutes I am very fit.

% responses
y4 y8

Aspects mentioned:

muscular endurance 50 67

cardiovascular 50 68

flexibility 12 9

speed 12 24

power 12 17

body weight 15 8

Focus:

health 16 19

sport 46 44

elements of both 21 28

Ideas about measurement of fitness:

very clear 0 8

some idea 5 23

none 95 69

How systematic?

very 0 5

somewhat 5 22

not 95 73

Commentary

This task was designed to see if students could suggest ways to check fitness. The students placed main emphasis on endurance and cardiovascular fitness. Very few had clear ideas about how to measure fitness systematically.