

## **Grade 7-8 PE / Health Activities**

May 19<sup>th</sup> – May 29<sup>th</sup>, 2020

Hey Guys,

I hope everyone is continuing to do well and staying safe. I continue to hope we are back to school soon. But only when it is safe for everyone to be together again.

I would like you to do the following every day but if you go every second day that is fine too. I am challenging you to do the following:

1. **“Balance Your Fitness”** for two weeks

It is important to remember that some of the activities should progress to get a bit harder each time by adding the amount of time you do each. If you get tired, stop, rest and start again if you wish. Enjoy and have fun. Also, send me an email or a snap of what you are doing. I would love to see and I will respond back! Make sure to say your name and which grade you are in if the video or picture is from a distance.

### **How to get to Mr. Williams PE Lessons Online**

1. Go to the SDML website [www.mysterynet.mb.ca](http://www.mysterynet.mb.ca)
2. Click on schools
3. Click on Juniper School
4. Click on Parents
5. Click on Documents
6. Click on Mr. Williams
7. Click on Grade 7-8 PE/Health Activities

### **How to Contact Mr. Williams with Pictures or Videos**

**Email** – [bwilliams@mysterynet.mb.ca](mailto:bwilliams@mysterynet.mb.ca)

**Snapchat Account** – MrWillsJaguars

Good Luck Guys! Have Fun.

---

Mr. Williams

**“Physical Activity = Healthy Body & Healthy Mind”**



## **EXAMPLES**

| <b>Aerobic Capacity</b>  | <b>Strength and Endurance</b>  | <b>Flexibility</b>  | <b>Eat Healthy (Body Composition)</b>  |
|--|--|---|--|
| <ul style="list-style-type: none"><li>- Walking</li><li>- Bicycling</li><li>- Running</li><li>- Swimming</li><li>- Dancing</li><li>- Playing soccer</li><li>- Playing basketball</li><li>- Rollerblading</li><li>- Chores that last more than 10 minutes (like vacuuming, raking leaves, etc.)</li></ul> | <ul style="list-style-type: none"><li>- Lunges</li><li>- Wall Sits</li><li>- Push-ups</li><li>- Curl-ups</li><li>- Plank-position hold</li><li>- Crab Dips</li></ul> | <ul style="list-style-type: none"><li>- Calf Stretch</li><li>- Shin Stretch</li><li>- Hamstrings Stretch</li><li>- Quadriceps Stretch</li><li>- Hip-flexor Stretch</li><li>- Pectoral Stretch</li><li>- Upper-back Stretch</li><li>- Neck Stretch</li></ul> | <ul style="list-style-type: none"><li>- No sodas today</li><li>- Drink 8 glasses of water.</li><li>- Try a new fruit / vegetable.</li><li>- Pay attention to serving size.</li><li>- No junk food today</li><li>- Have a healthy snack</li><li>- Eat 5 servings of fruits and vegetables</li><li>- Choose whole grains</li><li>- Drink low or non-fat milk</li><li>- Eat lean or low-fat meats</li></ul> |

### **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.

### **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.

### **Eat Healthy (Body Composition)**

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. Eating healthy each day is the way to maintaining a healthy body and mind.

## **Health**

Read the following page and answer the questions located at the end.

# The Benefits of Physical Activity

LESSON  
4

## Physical Activity and Your Health

If you enjoy sports, you already know that exercising can make you feel good. Physical activity has many other benefits as well. **Physical activity** is *any kind of movement that causes your body to use energy*. Every kind of physical activity, vigorous or moderate, can help keep you healthy. **Figure 5.5** shows some of the health benefits of regular physical activity.

**FIGURE 5.5**

### HOW PHYSICAL ACTIVITY BENEFITS YOUR HEALTH

Physical activity benefits your physical, mental/emotional, and social health. *What types of physical activity do you enjoy?*



#### Physical Benefits

- Strengthen your heart and lungs
- Build strong bones
- Maintain a healthy weight
- Resist disease

#### Mental/Emotional Benefits

- Feel more energetic
- Get tired less easily
- Sleep better
- Reduce stress
- Feel proud of your accomplishments

#### Social Benefits

- Have fun
- Meet new people
- Gain support and encouragement from friends



### Quick Write

Describe your favorite physical activity and how you think it benefits your physical, mental/emotional, and social health.



### LEARN ABOUT...

- the benefits of regular physical activity.
- the different ways physical activity can improve your health.
- the importance of aerobic exercise.

### VOCABULARY

- physical activity
- strength
- endurance
- aerobic exercise
- anaerobic exercise
- flexibility
- physical fitness
- exercise

## Social Studies

STARTING THE DAY  
OFF RIGHT

People in many Japanese offices, factories, and schools start the day with group activity. Students in Japanese schools may learn traditional martial arts such as judo and karate. Share what you know about a physical activity or sport that is popular in a foreign country.

## Strength, Endurance, and Flexibility

Different kinds of physical activity benefit your health in different ways. Some activities build **strength**, which is *the ability of your muscles to exert a force*. To build muscle strength, you need to push or pull against a force, such as gravity. Pull-ups, for instance, build muscle strength in your arms.

Activities that build strength may also increase your endurance. **Endurance** (en-DER-uhns) means *how long you can engage in physical activity without becoming overly tired*. There are two kinds of endurance. Muscular endurance is how well your muscles can perform a task without tiring. Heart and lung endurance is how well your heart and lungs can provide your body with oxygen. See **Figure 5.6**.

**Aerobic exercise**, *rhythmic, nonstop, moderate to vigorous activities that work the heart*, will build endurance. **Anaerobic exercise**, by contrast, is *intense physical activity that requires short bursts of energy*. Jogging 10 miles is aerobic exercise, while sprinting 50 meters at top speed is anaerobic exercise. It is a good idea to do both aerobic and anaerobic activities.

FIGURE 5.6

ACTIVITIES  
THAT BUILD  
ENDURANCE

This chart groups activities according to how well they build endurance. Which of these exercises would you choose?

Vigorous  
Activities

(Do at least 20 minutes three times a week.)

Aerobic dancing  
Cycling  
Cross-country skiing  
Ice hockey  
In-line skating  
Running  
Skateboarding  
Swimming

Moderately  
Vigorous Activities

(Do at least 30 minutes three times a week.)

Basketball  
Calisthenics  
Field hockey  
Handball  
Tennis  
Walking

Occasionally  
Vigorous Activities

(These activities will build muscle strength and flexibility.)

Baseball  
Downhill skiing  
Football  
Snowboarding  
Softball  
Volleyball



FIGURE 5.7

## CALORIES BURNED DURING VARIOUS ACTIVITIES

The graph shows how many calories a 100-pound person burns during an hour of activity. How many hours of tennis would it take to burn 450 calories?



Finally, physical activity can promote flexibility. **Flexibility** is the ability to move body joints through a full range of motion. It helps you with everything from dancing to playing football, and it may help prevent injuries. You can improve your flexibility by stretching your muscles and joints. Ballet, yoga, swimming, and volleyball are all good ways to build flexibility.

### Other Benefits

Physical activity can loosen up your muscles and help you relax. During aerobic activities, your brain releases chemicals that calm you down. Vigorous activity can also release stress. You may even find that you sleep better after an active day.

During physical activity, your body burns calories. **Figure 5.7** shows the number of calories you use doing different types of activities. Regular activity can help you maintain a healthy weight. Physical activity can also help firm up your muscles. When you are active, you look better and feel better.



### Reading Check

Sort the following words into three groups: *running, basketball, swimming, stair climbing, weightlifting, soccer, karate, softball, dancing*. Label each group.





Learn what you can do to become physically fit and stay that way. Go to Web Links at [health.glencoe.com](http://health.glencoe.com).

## What Is Fitness?

Staying physically active keeps you physically fit. **Physical fitness** is the ability to handle everyday physical work and play without becoming tired. Physical fitness gives you enough energy to carry you through the day. It makes you more confident and helps you deal with stress. It also helps you maintain a healthy weight level. In short, it makes your life better!

You can improve or maintain your physical fitness by exercising. **Exercise** is planned, structured, repetitive physical activity that improves or maintains physical fitness. An ideal exercise plan includes a variety of different activities. Types of physical activity include:

- **Lifestyle activities.** Every day, try to keep your body moving as much as possible. There are lots of ways to do this. You can

## HEALTH SKILLS ACTIVITY

### STRESS MANAGEMENT

#### Tension Tamers

Physical activity is a good way to keep stress under control. If you feel stress building up, any kind of activity, even cleaning your room, will help. Here are several activities that can help relieve tension:

- **SHOULDER LIFT.** Hunch your shoulders up to your ears for a few seconds, then release. Repeat.
- **ELASTIC JAW.** Take a few deep relaxing breaths. Open your mouth and shift your jaw to the right as far as you can without discomfort. Hold for a count of three. Repeat on the left side. Do this exercise ten times.



- **SLEEPER.** Lie on your side, arms over your head. Stiffen your body, then relax, letting your body fall where it wants to. Repeat on the other side.
- **TENSE-RELAX.** Make a fist and tense the muscles in your hand and forearm, then release. Repeat with the other hand. You can do the same with your abdomen, thigh, buttocks, and toes.

#### ON YOUR OWN

Estimate your current level of body tension or stress on a scale of one to ten. Then perform one of the exercises listed here. Write down your estimated level of body tension afterward. Repeat for each of the other exercises. How did each exercise affect your tension level? Compare your results as a class.

walk or ride your bike to school, if it's not too far. You can take a walk for fun—with your dog, with a friend, or by yourself. Games such as tag or jump rope can also boost your activity level. Even cleaning your room is a way to get your body moving!

- **Aerobic activities.** Try to get some aerobic activity three to five times a week. Riding your bike, skateboarding, and in-line skating can give you exercise on the go. You can also try swimming, hiking, or running around the block. You will benefit most if you do these activities for at least 20 minutes at a time. You can get some of your aerobic activity from organized sports, such as soccer, basketball, or skiing.
- **Strength and flexibility activities.** Two to three times a week, work on your strength and flexibility. Such exercises as push-ups and pull-ups will help you develop strength. Dancing, rope climbing, or karate will help you build flexibility.

Try to cut down on the amount of time you spend sitting still. Obviously, you have to sit still some of the time—when you're in class, doing homework, or eating meals. However, you can reduce the amount of time you spend watching television or playing video games. Replace some of these idle hours with active games and sports, and you may find you're having more fun than ever.



Going for a walk is an easy way to add some physical activity to your day. *What are some other ways you can be physically active every day?*

## Lesson 4 Review

Using complete sentences, answer the following questions on a sheet of paper.

### Reviewing Terms and Facts

1. **Vocabulary** Define the terms *strength*, *endurance*, and *flexibility*.
2. **Identify** What kind of exercise is best for building endurance?
3. **Describe** In an original sentence, explain what *physical fitness* means.

### Thinking Critically

4. **Analyze** Which type of physical activity should you perform more often:

lifestyle activities such as household chores, or recreational activities such as soccer? Explain why.

5. **Apply** Describe your current level of physical activity. Based on this lesson, can you use more or less activity? Explain your response.

### Applying Health Skills

6. **Advocacy** As a class, brainstorm ways teens can be physically active. Assign each idea to a team. The team should explain how the activity can become a daily habit for teens.

# 5

## Setting Fitness Goals



### Quick Write

List all the ways you exercise regularly. Do you need to increase your level of activity? If so, what can you do?



### LEARN ABOUT...

- how you can set goals to improve your fitness level.
- how to get the most out of exercise.
- how to avoid injuries during exercise.

### VOCABULARY

- warm-up
- target pulse rate
- cool-down

### Creating a Personal Fitness Plan

You can make sure that you get all the exercise and physical activity you need by creating a personal fitness plan. Before you make your plan, however, you need to decide the answers to these questions:

- **What do you hope to accomplish?** Are you looking for muscle tone or strength, greater endurance, or increased flexibility? Maybe you have several results in mind. Determine your goals and consider your abilities to achieve them.
- **Where should you begin?** Start small. If you have never run before, you're probably not ready to run a 5-kilometer race. Begin by running short distances—several hundred yards or one city block—every other day for a week. Increase your distance gradually. You can also start by walking instead of running, then gradually increase your speed.
- **What do you enjoy?** Choose activities that are fun for you. Doing something you like makes it easier for you to meet your fitness goals.



You can reach your fitness goals if you think carefully about your exercise program before you begin. *What fitness goals are you most eager to achieve?*

## Choosing Activities

Now that you have a clear view of your goals, you're ready to create your fitness plan. As you form your plan, you will decide which exercises to include and when you will perform them. You will also consider ways to avoid injury.

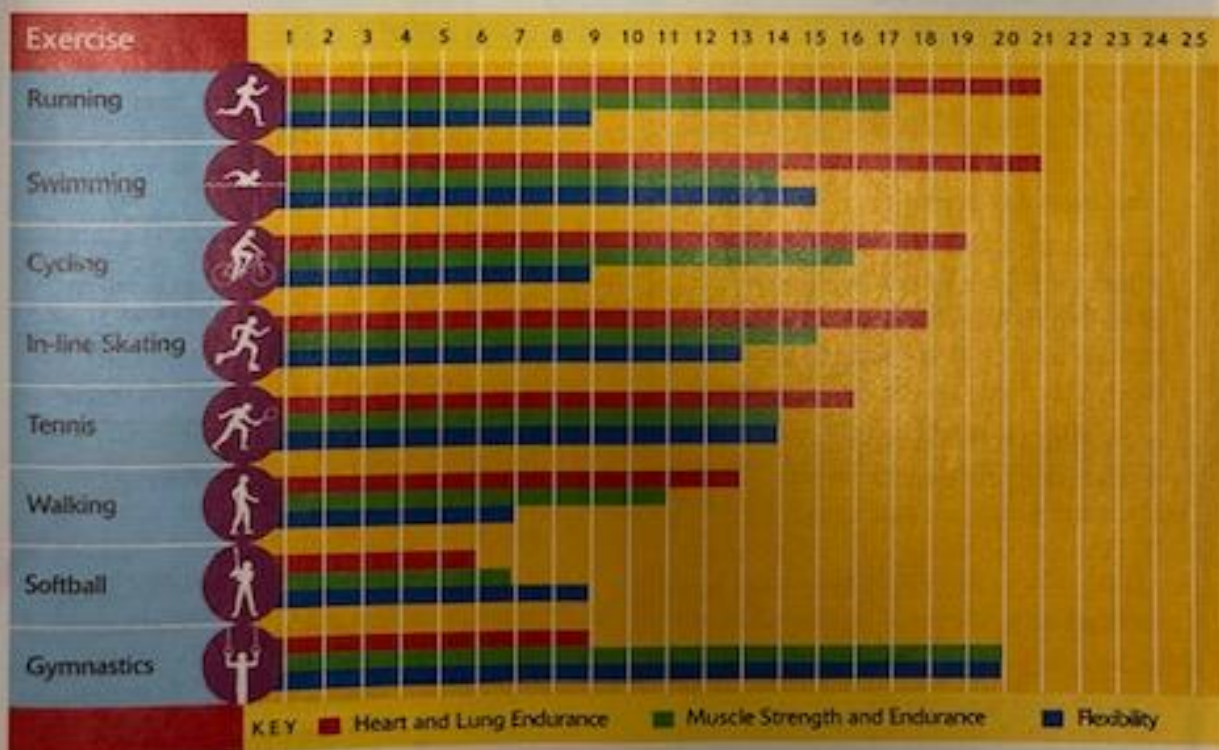
Different types of exercise will help you to meet different fitness goals. The information in **Figure 5.8** can help you choose appropriate exercises. You should also consider

- whether you want to exercise alone or with others.
- what equipment you will need.
- how much money you or your parents are willing to spend.

**FIGURE 5.8**

## Fitness Ratings for Different Activities

Different activities can promote muscular strength and endurance, heart-lung endurance, and flexibility. *Which exercises are good for achieving all three fitness goals?*



## Language Arts

### R.I.C.E. Is Nice

To treat a minor sports injury, remember the word *rice*. This word is an acronym (AK-roh-nim), a word formed by putting together the first letters of other words: **R**est, **I**ce, **C**ompression, and **E**levation. How does the acronym help you remember the steps?

## Making Time for Exercise

One way to make exercise a regular part of your life is to set aside a regular time for it. For example, if you do outdoor activities, you would choose a time during the daylight hours. One time you should not exercise is right after a meal. Exercise can interfere with your digestion.

## Exercising Safely

When exercising, you need to take steps to avoid injuring yourself (see **Figure 5.9**). Start with a **warm-up**, *some gentle activity that prepares your body for exercise*. Next, stretch your muscles and joints to loosen them. Then work up to your **target pulse rate**, *the level at which your heart and lungs receive the most benefit from a workout*. It is 60 to 80 percent of the heart's maximum rate, which you can estimate by subtracting your age from 220. A 12-year-old's target pulse rate is 125 to 167 beats per minute.

## HEALTH SKILLS ACTIVITY

### GOAL SETTING

#### Increasing Your Activity Level

How can busy teens find the time to get active? Here are a few possibilities.

**IF YOU ARE RARELY ACTIVE**, increase your everyday activities by

- taking the stairs whenever possible.
- reducing your television time.
- walking whenever you can.

**IF YOU ARE ACTIVE SOME OF THE TIME**, work to become more consistent by

- choosing activities you enjoy.
- planning your daily activities.
- setting goals you can meet.

**IF YOU ARE ALREADY ACTIVE AT LEAST FOUR DAYS EACH WEEK**, keep your activity level up by

- changing your routine if you feel bored.
- exploring new activities.

|                                   |                              |   |
|-----------------------------------|------------------------------|---|
| Lifestyle activity                | about 1 hour every day       |   |
| Aerobic activity                  | about 20 minutes per week    | walk to school 2-3 times per week               |
| Recreational activity             | soccer practice twice a week | go skating with friends on weekend              |
| Flexibility and strength exercise | none                         | do 10 push-ups and 10 sit-ups three days a week |
| Inactivity                        | about 15-20 hours a week     | watch TV only 1 hour a day                      |

### ON YOUR OWN

Draw a 3-column table. In the first column, list the types of physical activity described in Lesson 4. In the second column, list the time you spend on each every week. If you fall short in any area, use the third column to list ways to improve.

## Questions

Answer with either **true** or **false**

1. Pushing or pulling against a force, such as gravity, builds **strength**? \_\_\_\_\_
2. You can build endurance by engaging in **anaerobic** exercise? \_\_\_\_\_
3. The ability to move body joints through a full range of motion is called **flexibility**? \_\_\_\_\_
4. You can become physically fit by doing **exercise**? \_\_\_\_\_
5. To stay healthy and fit, you should **increase** the amount of time you spend sitting still?  
\_\_\_\_\_
6. A gentle activity that prepares the body for exercise is called a **cool-down**? \_\_\_\_\_
7. When exercising, you should always stretch **before** you warm-up? \_\_\_\_\_
8. Your target pulse rate is **60-80 percent** of your heart's maximum rate? \_\_\_\_\_
9. It is best to wear **loose fitting** clothing when exercising? \_\_\_\_\_