

# Fall Into Fitness

## September



Throughout the month of September we've been learning about the health-related components of fitness:

***Cardiovascular Fitness*** – Is the ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.

***Flexibility*** – Is the range of movement possible at various joints.

***Muscular Strength*** – Is the amount of force that can be produced by a single contraction of a muscle.

***Muscular Endurance*** – Is the ability of a muscle group to continue muscle movement over a length of time.

We didn't just learn about fitness by listening, we learned by doing! We spent one week on each component of physical fitness. By taking our pulse we experimented with different types of activities to see which ones were best for our heart. We did some "combat" activities with our peers on the mats to work on strength. We performed stretches for all our major muscle groups and demonstrated the correct and safe way to perform these stretches!

One major concept discussed through all our fitness lessons was the **FITT principle**. This principle applies to each component (cardiovascular, flexibility and strength) of physical fitness:

**F – Frequency** (how often should I exercise?)

**I – Intensity** (how hard should I push?)

**T – Time** (how much time should I spend exercising?)

**T – Type** (what type of exercises would be best to do?)

Attached to this Physical Education link are three separate newsletters put out by “Physical Best”, a program sponsored by the *National Association for Sport and Physical Education*. **NASPE** is a non-profit organization of over 18,000 professionals in the sports and physical education fields.

Please take some time to look over these informative newsletters. They provide a great overview of the physical fitness components (cardiovascular, strength or flexibility) and reinforce what was learned in PE. The newsletter includes several informative sections. The **Parents Corner** sets expectations for your elementary-aged child and discusses how much is enough. The **Kids Corner** gives fun suggestions of different exercises your child can try to improve their fitness. **Family Fun** provides activities everyone can enjoy together as you explore how to be healthy family together.

September will conclude with grades 4-6 participating in the **“Fitness Gram”** which “tests” your child on the health-related fitness components of cardiovascular endurance, flexibility and strength. Your child is NOT graded on his or her performance. Your child is told NOT to compare themselves to other students in their class. Rather he or she compares his or her scores to the “healthy fitness zone” standards. The healthy fitness zone (HFZ) is a scientifically determined set of standards based on age and gender that identify how fit children should be for **good health**. As a PE teacher it helps to see which areas our children may be lacking and provides focus as to how I can help improve their fitness.

Sometime mid-October you will receive a copy of your child’s scores and some information about how to interpret these scores. Please stay tuned.