

A muscular man with a shaved head and a goatee is running on a blue track. He is wearing a purple tank top and has a determined expression. The background shows the white lane markings of the track.

PHYSICAL FITNESS

(PE.7.L.3.1, PE.8.M.1.3, PE.7.L.3.2, PE.8.R.6.1,
PE.7.L.3.6)



Learning Objectives

By the end of this lesson, students will be able to:

- **Recall** the amount of minutes teenagers need for daily physical activity.
- **Identify** the benefits of physical activity.

A photograph of gym equipment on a concrete floor. A dumbbell with a silver handle and black weight plates is positioned diagonally in the upper left. Below it, several black weight plates are scattered, some with a silver ring. The background is a dark, solid color.

Daily Physical Activity

Teenagers need

60 minutes

of physical activity daily.



Benefits of Physical Activity

THERE ARE MANY
BENEFITS OF PHYSICAL
ACTIVITY.

Physical

- § Promotion of healthy growth and development.
- § Strong muscles and bones.
- § Improved physical fitness, including coordination and movement skills.
- § Reduced risk of disease and unhealthy weight gain.



Mental and Emotional

§ Improved self-esteem and confidence.

§ Help with management of anxiety and stress.

§ Improved concentration.



Social

- § Opportunities for fun with friends and family.
- § Reduced anti-social behavior, including aggressive and disruptive actions.
- § Helping to develop cooperation and teamwork skills.





Other Benefits

- reduce high blood pressure (hypertension)
- lower resting heart rate
- help control weight and appetite
- outlet to relieve stress
- being physically fit can help one be more competitive in sports
- being fit can help prevent injury

Types of Physical Activities

§Walking

§Running

§Dancing

§Lifting weights

§Team sports

§Yoga

§Can you name others?



Apply What You Have Learned



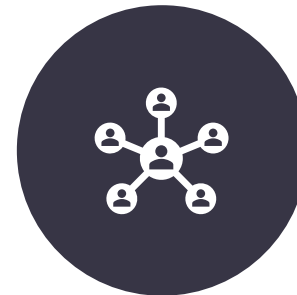
SELECT A PHYSICAL
ACTIVITY YOU WOULD
LIKE TO FOR 60 MINUTES.



WHAT WOULD BE THE
PHYSICAL BENEFIT(S)?



WHAT WOULD BE THE
MENTAL/EMOTIONAL
BENEFIT(S)?



WHAT WOULD BE THE
SOCIAL BENEFIT(S)?