

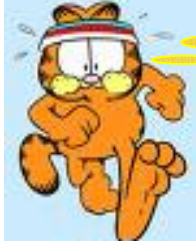
LESSON 1

HEALTH AND FITNESS

DEFINITION AND COMPONENTS OF HEALTH

The World Health Organization (WHO) gives a complete definition of what it considers health to be.

*"State of complete **mental**, **physical** and **social** well-being, not simply the absence of disease or infirmity"*



Physical well-being

Mental well-being

Social well-being

✚ Write the sentences in the right place on the chart and **underline** the most important word of each sentence.

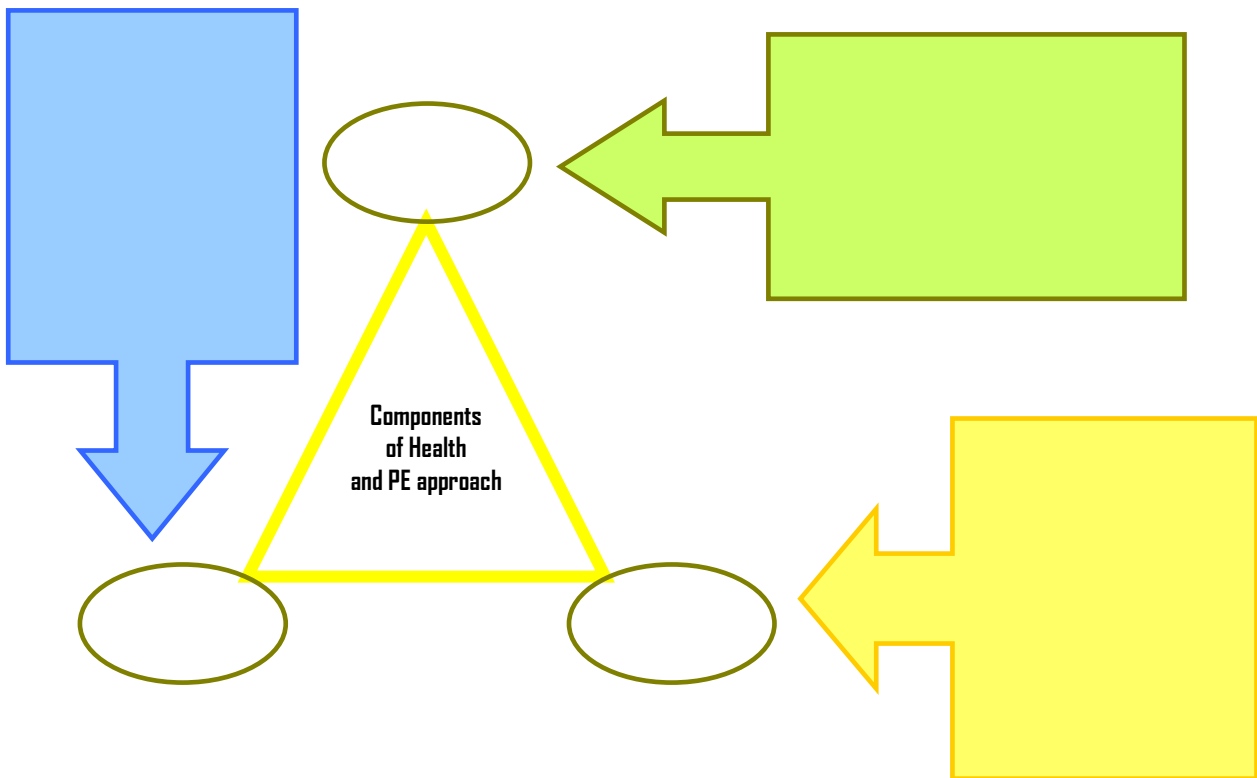
You're not suffering insomnia and you rest properly	You don't have any injuries	You believe you have some worth in society
You have food, clothing and shelter	You don't have too much stress or anxiety	Your heart, kidneys, and the rest of your body are working well
You feel content	You have friends	You're not suffering from any diseases

🚩 Check your crossword by writing above each Garfield the first letter of the word that you have use Cross (C) or Down (D).

$$2C + 3D + 2D + 3C + 1C + 4D + 1D =$$



🚩 What kind of activities that we usually do in PE classes do you think better go in each component of heath? Fill first the ellipses and then the arrows with words or sentences that help to think of examples.



🚩 **ACTIVE CHALLENGE** worked at class : Are you on the healthy track?

What sort of aspects in your life should you improve and take special care of?
Write three sentences.

For example

"I should take care of my lifestyle because I spend a lot of hours in front of the screen"

- 1)
- 2)
- 3)

DEFINITION OF FITNESS



“The ability to meet the demands of the environment”

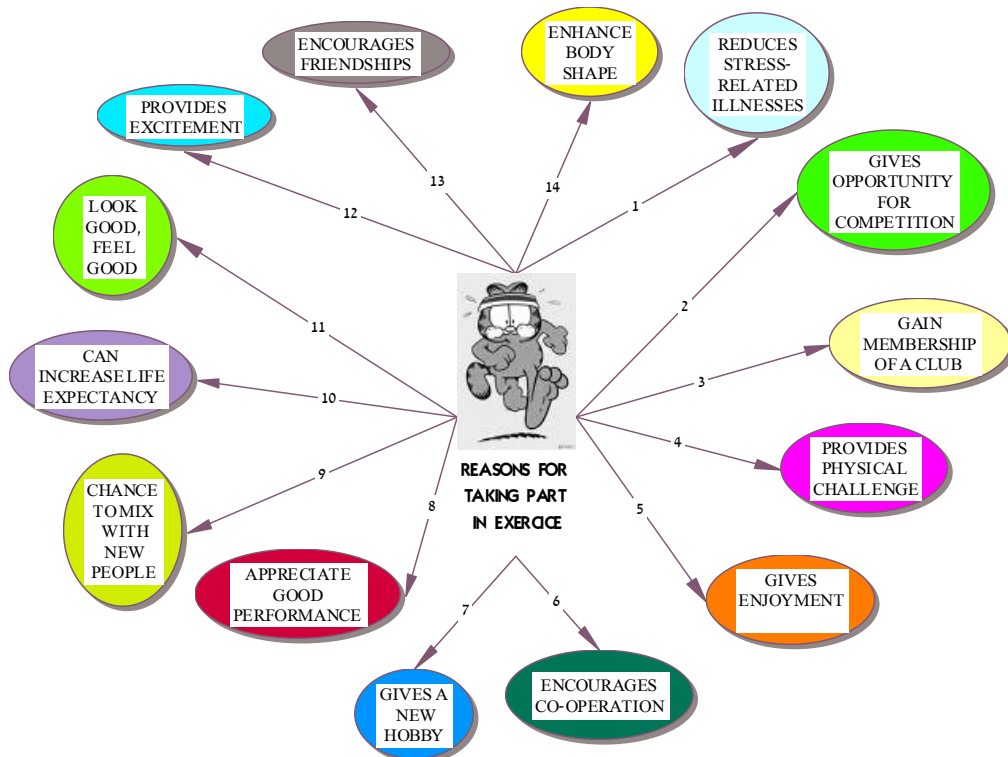
A little more....

Having the minimum level of fitness will allow a person to go about their everyday lives and meet its demands without tiring. Fitness, therefore, is concerned with the physical condition of a person. Walking to the bus stop and completing tasks at school or home are both actions that should be completed without exhaustion. Each person has a different set of physical demands in their day, so each person’s minimum level of fitness differs.



✚ Write some daily activities that demand you to be fit.




✚ Choose five reasons why you participate in sport and discuss them with a partner. Use the following diagram to help you decide your reasons.



E.g: "My reason for taking part in exercise is that exercise enhances body shape"

1.
2.
3.
4.
5.

🚩 Fill the chart writing in each column the numbers of the reasons

PHYSICAL HEALTH	MENTAL HEALTH	SOCIAL HEALTH
		

COMPONENTS OF FITNESS

There are two basic kinds of fitness: general fitness and specific fitness.

GENERAL FITNESS

1. Strength
2. Speed
3. Stamina
4. Suppleness
5. Cardiovascular endurance
6. Muscular endurance
7. Good body composition

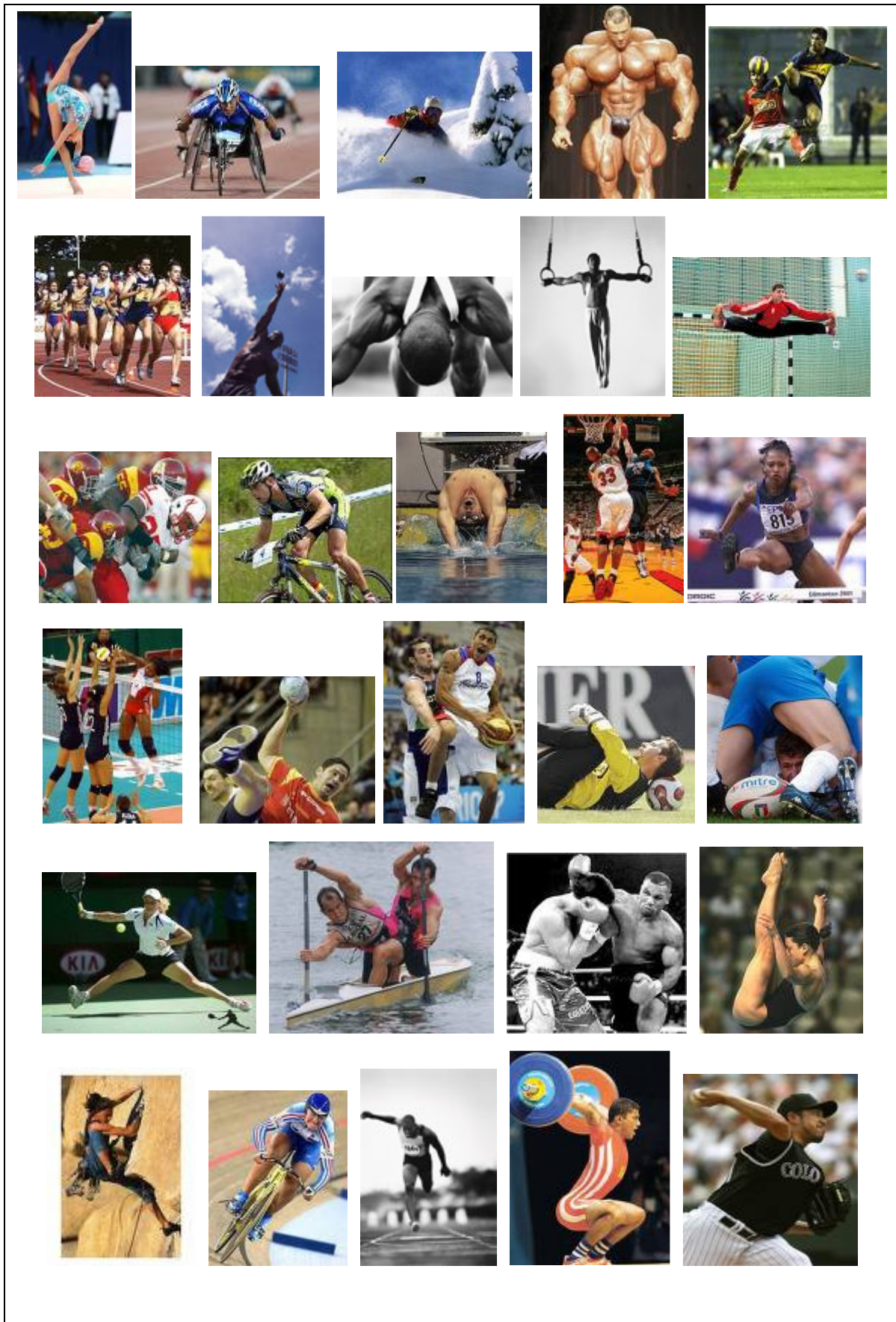
SPECIFIC FITNESS

1. Agility
2. Coordination
3. Fast reactions
4. Balance
5. Good timing

🚩 We will focus on the 4 S's. Label each component with their definition

The amount of weight the muscles can lift, or applying a force against a resistance	S_____
The fastest rate at which a person can complete a task or cover a distance	S_____
The process of placing particular parts of the body into position that will lengthen the muscles and associated soft tissues	S_____
Requires the heart and blood vessels to supply the working muscles with oxygen for long periods of time	S_____

There are situations that show which is the most important general component of fitness to carry out an sport. However, do you think all this images show health?



🚩 Help me to find the sportsperson who doesn't deserve to be here.

✚ Choose one picture to show the 4'S but please. Write the name of the sport in each component

Stamina	
Strength	
Speed	
Suppleness	

✚ Now it's up to you to attach the most surprising picture that refers to the lesson topic HEALTH and FITNESS. Write a funny title of the image.
Good luck in your research.

TITLE:

Stick the picture here

