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 wellbeing, not simply the absence of disease or infirmity"



Physical well-being	Mental well-being	Social well-being

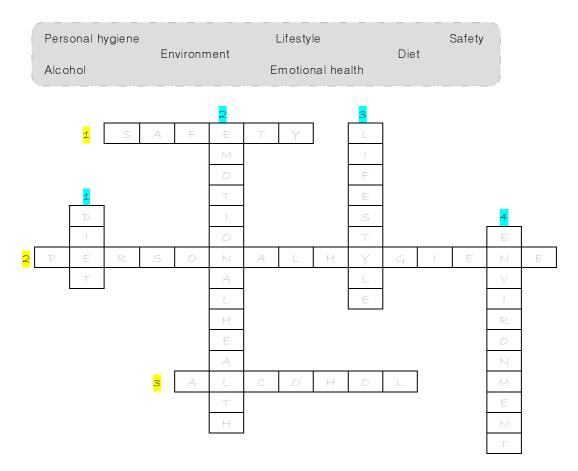
Write the sentences in the right place on the chart and underline the most important word of each sentence.

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			

For HEALTH, Remember PLEASED

There are quite few things that can affect your health. You need to know what they are, and the effects each one has. If you learn PLEASED you won't go far wrong. Simple really

Fill the crossword with the best PLEASED component after reading the clues



<mark>Across →</mark>

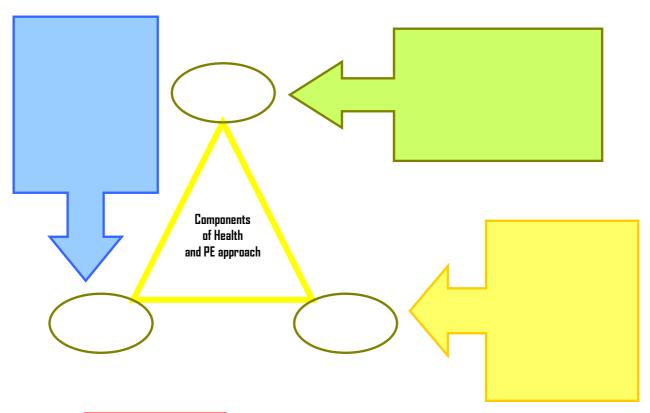
- 1. If you have a dangerous hobby, you're more likely to <u>injure</u> yourself. So use the proper <u>safety equipment</u> and in sport, play by the rules.
- 2. Keep yourself <u>clean</u>; it will help you to avoid loads of diseases. It won't do your <u>social</u> life any harm, either.
- 3. Misuse of <u>substances</u> can lead to poor health. That includes <u>alcohol</u> and <u>tobacco</u>. Even breathing in other people's smoke (<u>passive smoking</u>) can lead to poor health.

Down

- 1. You need the right balance of nutrients so you can cope with your lifestyle
- 2. Feeling good is important. Try to avoid too much <u>stress</u> and worry. This can be caused by friends and relationships as well as things like studies.
- 3. This is everything you do, including your <u>studies</u> and your <u>hobbies</u>. A healthy lifestyle will include some <u>physical exercise</u>, and some time to <u>relax</u>
- 4. <u>Pollution</u> can cause <u>respiratory</u> problems. Noise can cause stress and affect your sleep.

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

♣ 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"

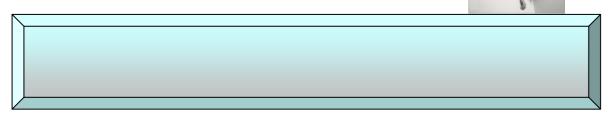
- 1)
- 2)
- 3)



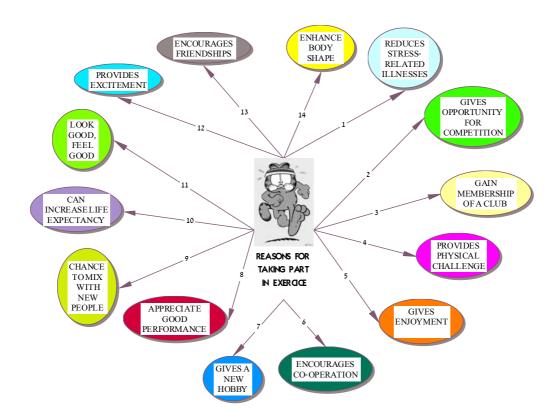
A líttle more...

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	g: "	'М <u>.</u>	'y r	ea.	SOI	n fo	or to	akii	ng ,	oar.	t in	ехе	erci	se i	's th	nat e	exei	cis	e ei	nhai	nce	s b	ody	sha	pe"
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4	5. Fill																				ons				



COMPONENTS OF FITNESS

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

GENERAL FITNESS

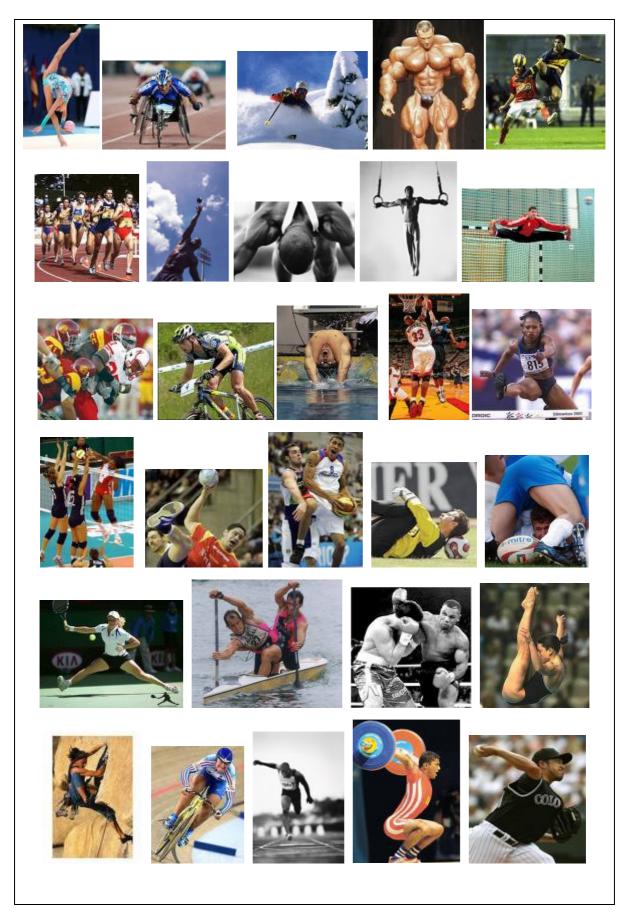
- 1. Strength
- 2. Speed
- 3 Stamina
- 4. Suppleness
- 5. Cardiovascular endurance
- 6. Muscular endurance
- 7. Good body composition

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

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

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	S
lengthen the muscles and associated soft tissues	
Requires the heart and blood vessels to supply the working muscles with	S
oxygen for long periods of time	

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 <u>sportsperson</u> who doesn't deserve to be here.

	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	e picture here							

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

Stamina

each component