

FOCUS

ON FITNESS

Model

Luis likes being outdoors. He participates in two activities that he enjoys—running and in-line skating. Luis also has physical education class two days each week. Below you can see a calendar of his activities for the past week. The description of each activity includes a list of the equipment he needs to stay safe.

Activity	Frequency	Time	Equipment
In-line skating	twice a week (Monday, Saturday)	Warm up (skate slowly), 10 minutes; skate, 20 minutes; cool down (skate slowly), 5 minutes	Helmet, knee pads, elbow pads, wrist guards, gloves
Baseball (physical education class in school)	twice a week (Tuesday, Thursday)	Warm up and stretch, 10 minutes; play, 30 minutes; cool down (walking), 5 minutes	Batting helmet, baseball glove
Running	once a week (Friday)	Warm up and stretch, 10 minutes; run, 20 minutes; cool down (jog slowly), 5 minutes	Running shoes

Practice


Grace's family belongs to the local YMCA, which offers a variety of activities. There is a basketball court, a track for running or walking, and several kinds of gym equipment. Grace enjoys all of these activities except running. In addition, she likes to ride her bike with her next-door neighbor, Haitsu.

On your own paper, set up an exercise program for Grace. Copy the fitness chart on the previous page and add the activities you suggest for her. Be sure to include a variety of activities she enjoys. Show how often and for how long she should do each activity. Also list ways for her to avoid injury. Be ready to explain how your choices benefit Grace.

Apply/Assess

Copy the fitness chart onto butcher paper or poster board, using colored markers. Then fill in your chart with the activities you would like to do. Include a warm-up, a cool-down, and activities that raise your heart rate. Remember to list the safety equipment you own or will need.

Share your finished chart with your classmates. Explain which activities you chose and why. Describe the equipment and other safety measures your activities require.



Activity	Frequency	Time	Equipment
Basketball			
Biking			
Walking on Treadmill			



Practicing Healthful Behaviors

For a safe workout, remember the following:

- Use safety equipment.
- Warm up.
- Work up to your target pulse rate.
- Cool down.

Self-Check

- Did I include safety equipment to prevent injury?
- Did I show a warm-up and a cool-down for each activity?
- Did at least three of my activities raise my heart rate?