

Personal Fitness and Healthy Active Living

Although personal fitness is taught as a separate unit and is included later in this curriculum with specific objectives, it should also be part of any physical education activity. **Each physical education class should begin with warm-up, stretching, and conditioning.**

The following list is far from comprehensive, however, any activity that promotes lifetime physical fitness is highly recommended.

- Jogging/running
- Swimming
- Bike riding
- Jump rope for fitness
- Rollerblading
- Fitness circuit training
- Rock climbing
- Rope climbing
- Aerobic Frisbee golf
- Walking (with step counters)
- Aerobic routines
- Jump rope routines for music
- Mini-triathlon
- Running stairs (Stairmaster)
- Cross-country skiing
- Tennis
- Racquetball

We also encourage you to include in health-science classes concepts such as cardiac output, resting heart rate, working heart rate, the FIT Principle (Frequency, Intensity, Time), and cardiovascular health in conjunction with the above activities.