

Grade 5 Components of Fitness Poster Criteria



Instructions:

1-Write/print the title **COMPONENTS OF FITNESS** at the top of the page OR somewhere else where it is visible.

2-Divide the paper into three sections.

3-Title one section **STRENGTH**, one section **ENDURANCE**, and one section **FLEXIBILITY**.

To earn an excellent mark on this assignment, a student must also...

A) have at least 2 activities for each component of fitness.

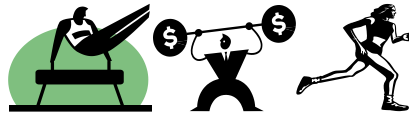
B) make their best effort and create a neat and organized poster.

C) put the activities into the correct category (please see next page for ideas for activities that fit into each component of fitness).

D) use an activity only once in their poster.

The students will get to work on this poster in health education class on Oct. 20, 27, and Nov. 3. It will be due at the end of class on November 3.

The 3 Components of Fitness



Endurance Activities	Strength Activities	Flexibility Activities
<p>Also called "Aerobic Exercise." These activities make your heart beat faster and allow you to work up a sweat.</p>	<p>These activities help to build your muscles and bones.</p>	<p>These activities get you bending and stretching so that you can relax your muscles and keep your joints moving.</p>
<p>Examples of Endurance Activities</p> <ul style="list-style-type: none"> -Dance -Running -Track and Field -Swimming -Basketball -Hockey -Soccer -Tennis -Football/rugby -Cross country skiing -Speed Skating -Walking -Biking -Hiking -Lacrosse -Parkour 	<p>Examples of Strength Activities</p> <ul style="list-style-type: none"> -Baseball -Gymnastics -Basketball -Ice skating -Golf -Bowling -Football/rugby -Downhill skiing -speed skating -Bobsledding -Horseback riding -Cricket -Biking -Lacrosse 	<p>Examples of Flexibility Activities</p> <ul style="list-style-type: none"> -Dance -Ballet -Gymnastics -Volleyball -Hockey (goalie) -Ice skating

