

## 5th Grade Sportfolio Index

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Rate of Perceived Exertion		
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# BENEFITS OF DAILY PHYSICAL ACTIVITY

**Regular physical activity is one of the most important things you can do for your health.**

In the space below, list 5 benefits of daily physical activity.

1. \_\_\_\_\_

2. \_\_\_\_\_

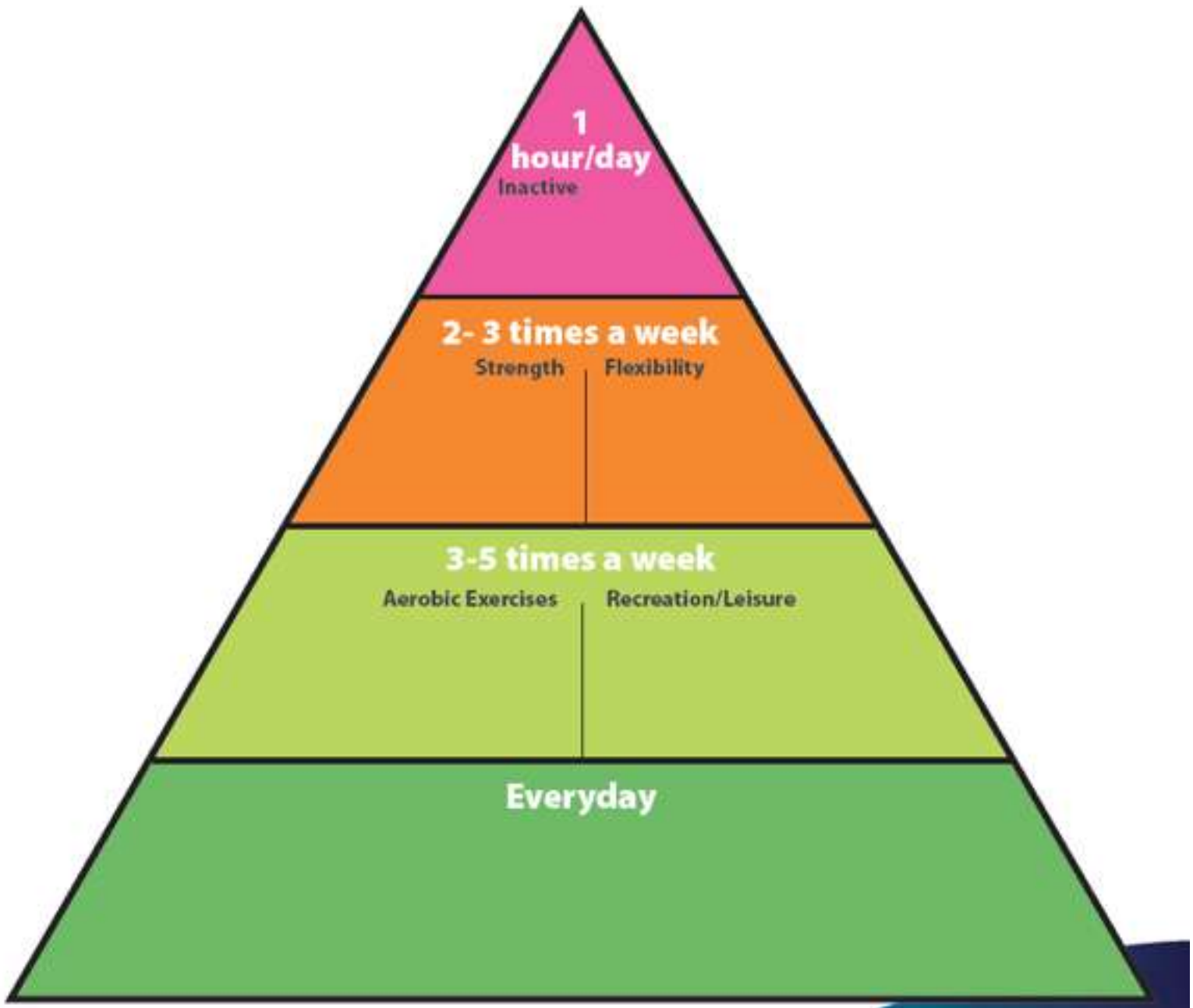
3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

# CREATING YOUR OWN ACTIVITY PYRAMID

Think back to the activities you do throughout the year. Fill in the pyramid using examples from your life. Are there any levels which could use more activity? What activity might you like to add? Write the activity you might like to try in a different color.



# RATE OF PERCEIVED EXERTION (RPE)

## RATE OF PERCEIVED EXERTION SCALE

This scale is used to measure the intensity of your exercise. The RPE scale runs from 0-10. Each number relates to phrases used to rate how easy or difficult you find an activity. Understanding the meaning and use of the chart will benefit your fitness.

## RPE Chart

Rate of Perceived Exertion



WHERE ON THE CHART DO YOU THINK WE SHOULD BE WHEN EXERCISING IN PE CLASS?

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WHAT WOULD BE AN ACTIVITY OR EXERCISE THAT FALLS UNDER THE RATING OF "LIGHT ACTIVITY"?

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WHAT WOULD BE AN ACTIVITY OR EXERCISE THAT FALLS UNDER THE RATING OF "VERY HARD ACTIVITY"?

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HOW DO YOU THINK THE RPE SCALE CAN HELP YOU ACHIEVE BETTER FITNESS?

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### Definition

**\*\* How can we use our W.O.W. in a sentence?**






# RPE ACTIVITY LOG

[illegible]

## STEP ACTIVITY LOG

[illegible]

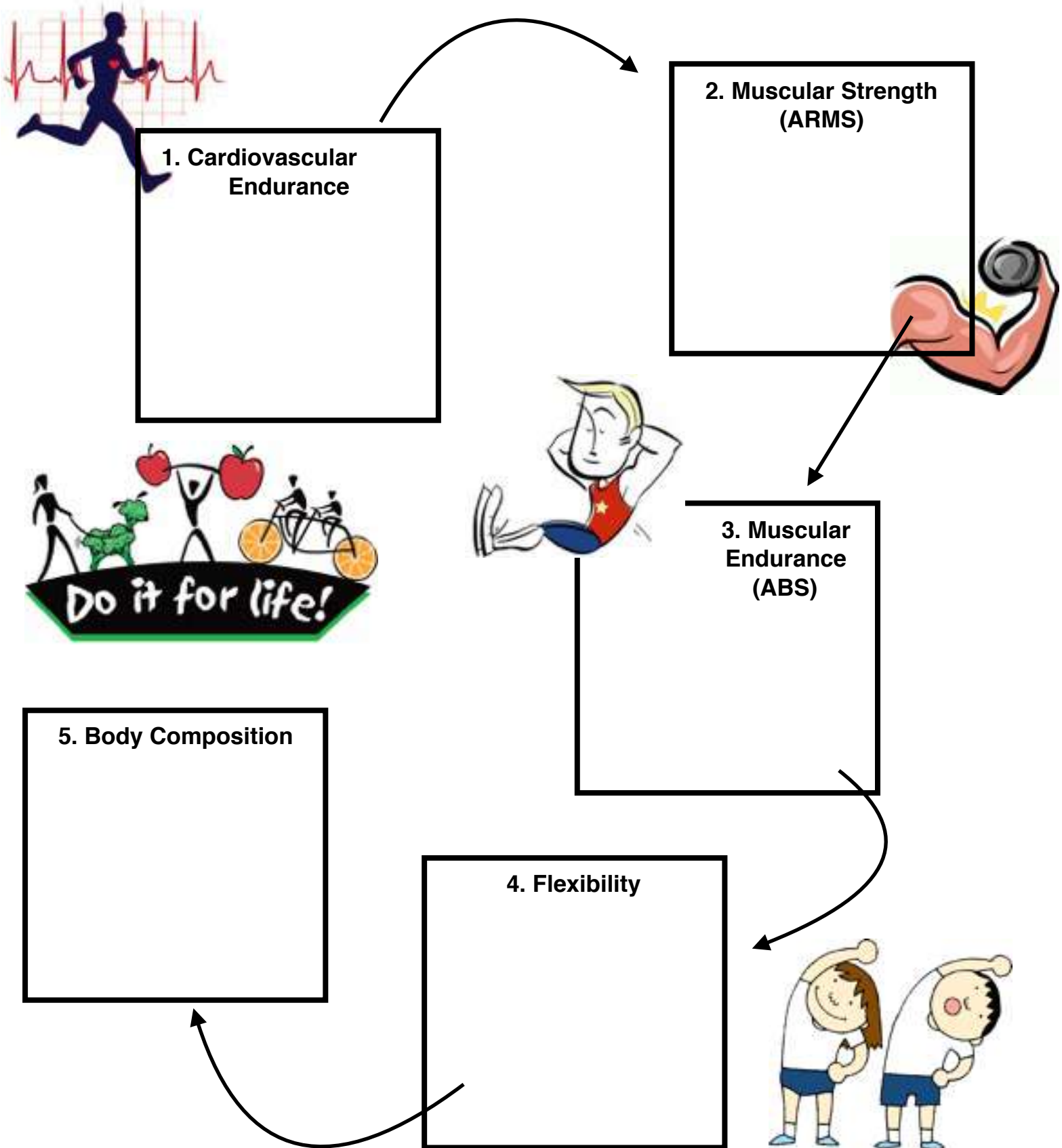
# The 5 Components Of Fitness

	FITNESS COMPONENT	DEFINITION	HOW DO YOU IMPROVE IN THIS AREA?
			
			
			
			
			



# 5 Components Of Fitness Workout

Design a workout that includes the following 5 components of health related fitness. For each component, name one or more of your favorite activities/exercises.



# FITNESSGRAM FALL RESULTS



IN PARTNERSHIP WITH THE NFL MOVEMENT FOR AN ACTIVE GENERATION

**James Corbett**  
Grade: 5 Age: 11  
International School Manila

	Date	Height	Weight
Current:	8/29/2013	5'0"	145 lbs
Past:	8/29/2013	4'8"	132 lbs

## MESSAGES

Your aerobic capacity is low. Try to do more physical activity to improve your fitness. Play active games, sports, or other activities at least 60 minutes every day. Improving aerobic capacity may help prevent health problems now and in the future.

Your abdominal, trunk, and upper-body strength are all in the Healthy Fitness Zone. To maintain your fitness, be sure that your strength-training activities include exercises for all of these areas. Abdominal and trunk exercises should be done 3 to 5 days each week. Strength activities for other areas should be done 3 days.

James, your body composition score needs improvement. If it stays at this level you will have a much greater chance of future health problems. You also report low levels of physical activity and this may lead to health problems. To improve, do the following:

- Try to get more activity (at least 60 minutes every day).
  - Reduce time spent watching TV or playing video games.
  - Eat a healthy diet including fresh fruits and vegetables.
  - Reduce your calories from foods with solid fats and added sugars.
- Improving your body composition score will improve your health and may help increase other fitness scores.

**Healthy Fitness Zone for 11 year-old boys**

Aerobic Capacity:  $\geq 40.2$  ml/kg/min

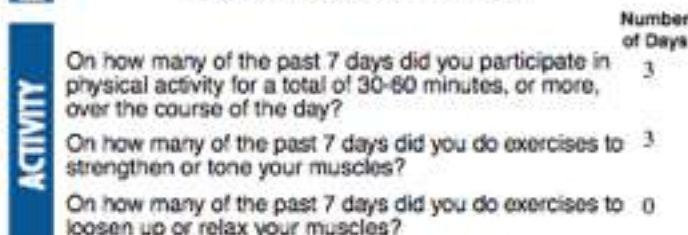
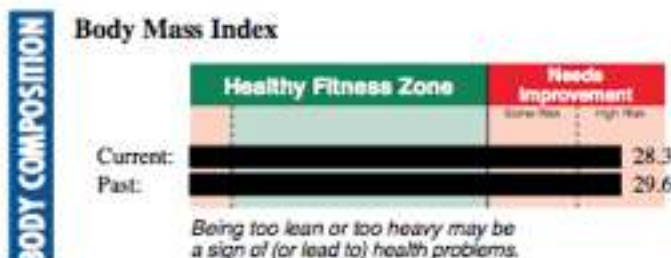
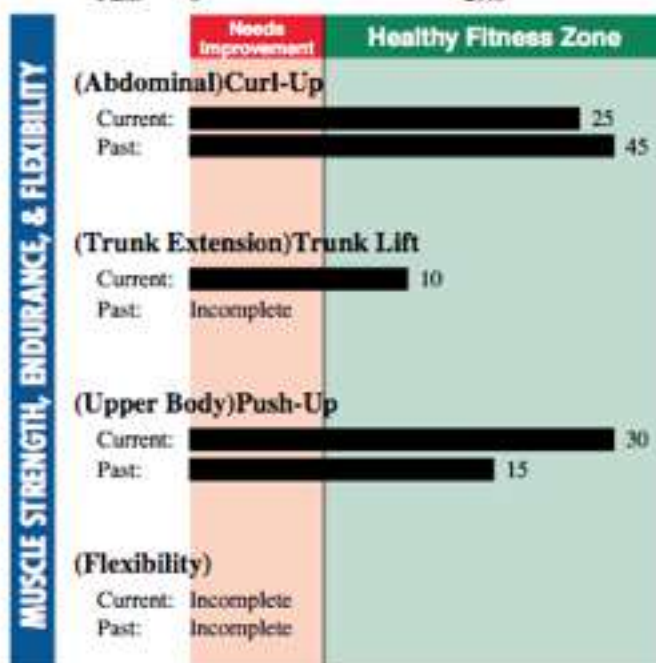
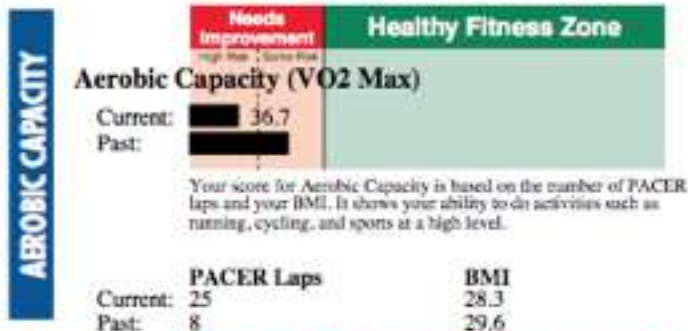
Curl-Up:  $\geq 15$  repetitions

Trunk Lift: 9-12 inches

Push-Up:  $\geq 8$  repetitions

Back-Saver Sit and Reach: At least 8 inches on R & L

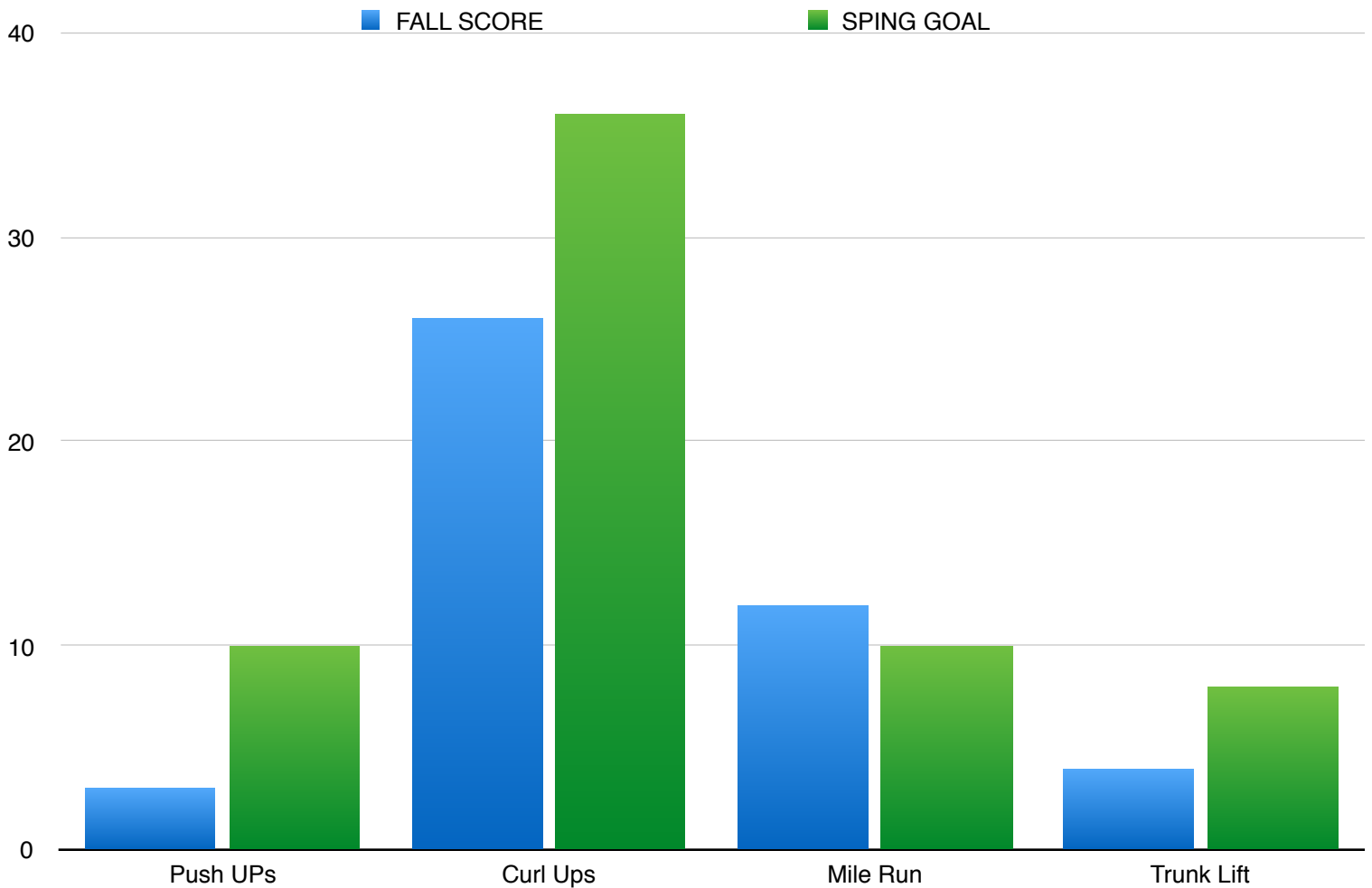
Body Mass Index: 14.6 - 19.7



To be healthy and fit it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.

Good job! You are doing some aerobic activity and strength exercises. Add some flexibility exercises to improve your overall fitness.

# FITNESSGRAM GOAL SETTING GRAPH

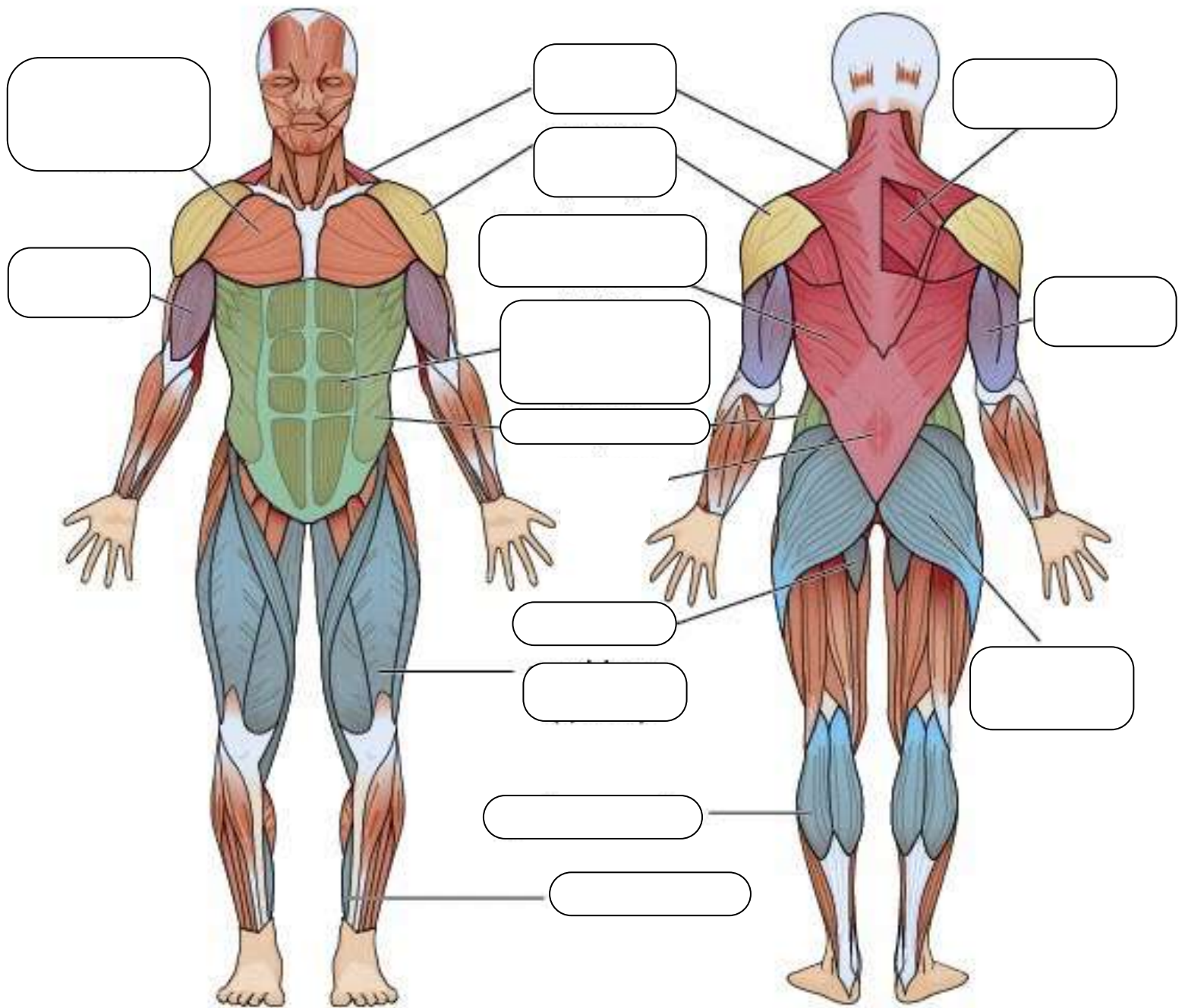


1. Were you able to achieve HFZ in any test areas? YES NO

2. If yes, which one(s)?

3. If no, what are some things you can do to improve in this area(s) in the Spring?

# MAJOR MUSCLE GROUPS WORKSHEET



Label the diagram above with the following 5 MAJOR MUSCLE GROUPS:

1. Biceps
2. Triceps
3. Quadriceps
4. Hamstring
5. Gluteus Maximus





Read each of the following statements identifying food choices and types of physical activities for healthy bodies. Indicate whether each statement is true (T) or false (F).

Statements	True	False
1. To improve physical fitness, you must exercise every day for 15 minutes.		
2. Walking to school, climbing stairs, walking the dog, and chasing after younger children are physical activities that provide the health benefits of exercise.		
3. Physical activity helps relieve stress.		
4. Muscle strength is the ability of the heart, lungs, and circulatory system to deliver oxygen and nutrients to all areas of the body.		
5. To be physically fit, you must work on muscular strength, muscular endurance, cardiovascular endurance, and flexibility.		
6. It is healthy to eat only vegetables.		
7. Limiting fat intake contributes to a healthy body.		
8. Drinking three glasses of water each day is enough to hydrate the body.		
9. Eating a treat (e.g., candy, potato chips) occasionally is okay.		
10. A balanced diet includes food from all four food groups.		

# HYDRATION & PHYSICAL ACTIVITY: WHY YOUR BODY NEEDS WATER!



Without water, your body would stop working properly.

Water makes up more than half of your body weight and a person can't survive for more than a few days without it.

1. When your body doesn't have enough water, it is called \_\_\_\_\_.
2. The effects of \_\_\_\_\_ include:
3. What do you think is the MAIN reason we should be drinking water MORE when we EXERCISE?

# FITNESSGRAM SPRING RESULTS



IN PARTNERSHIP WITH **Play60** THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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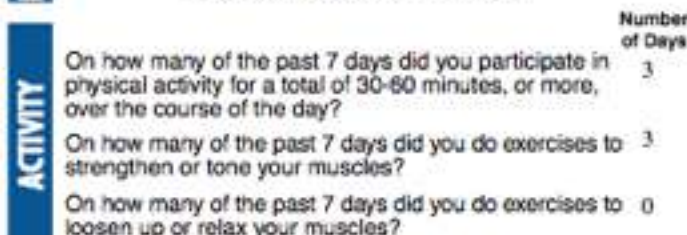
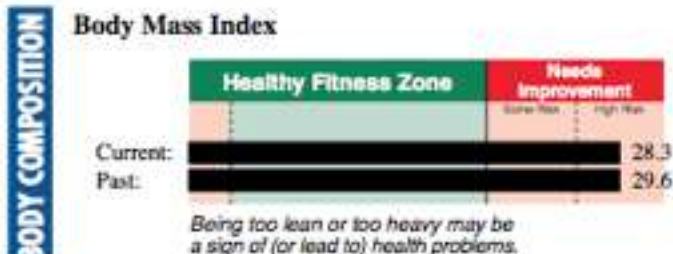
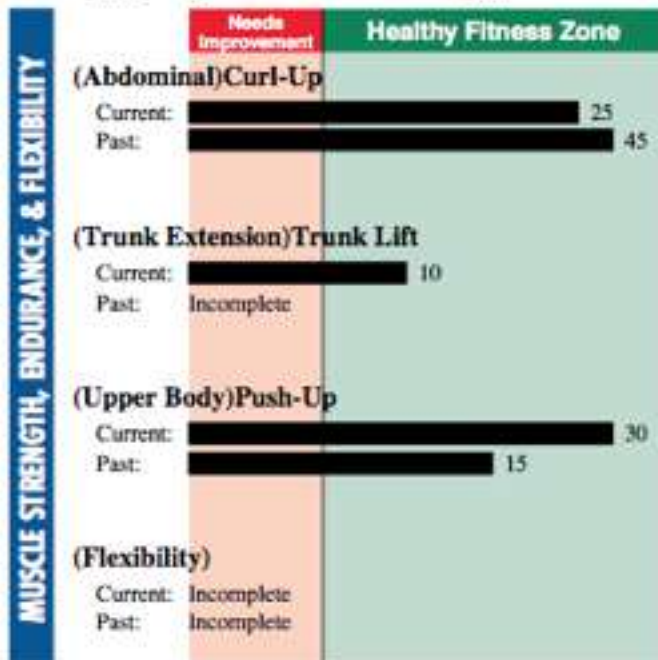
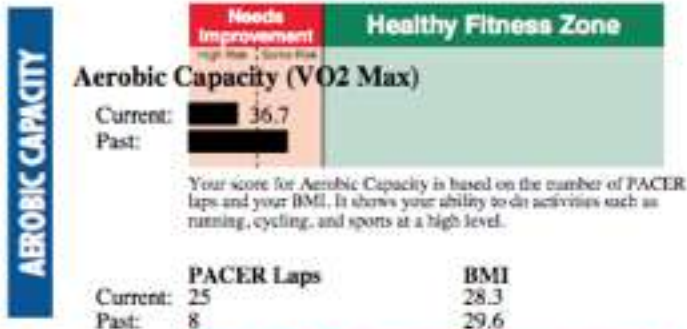
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### Healthy Fitness Zone for 11 year-old boys

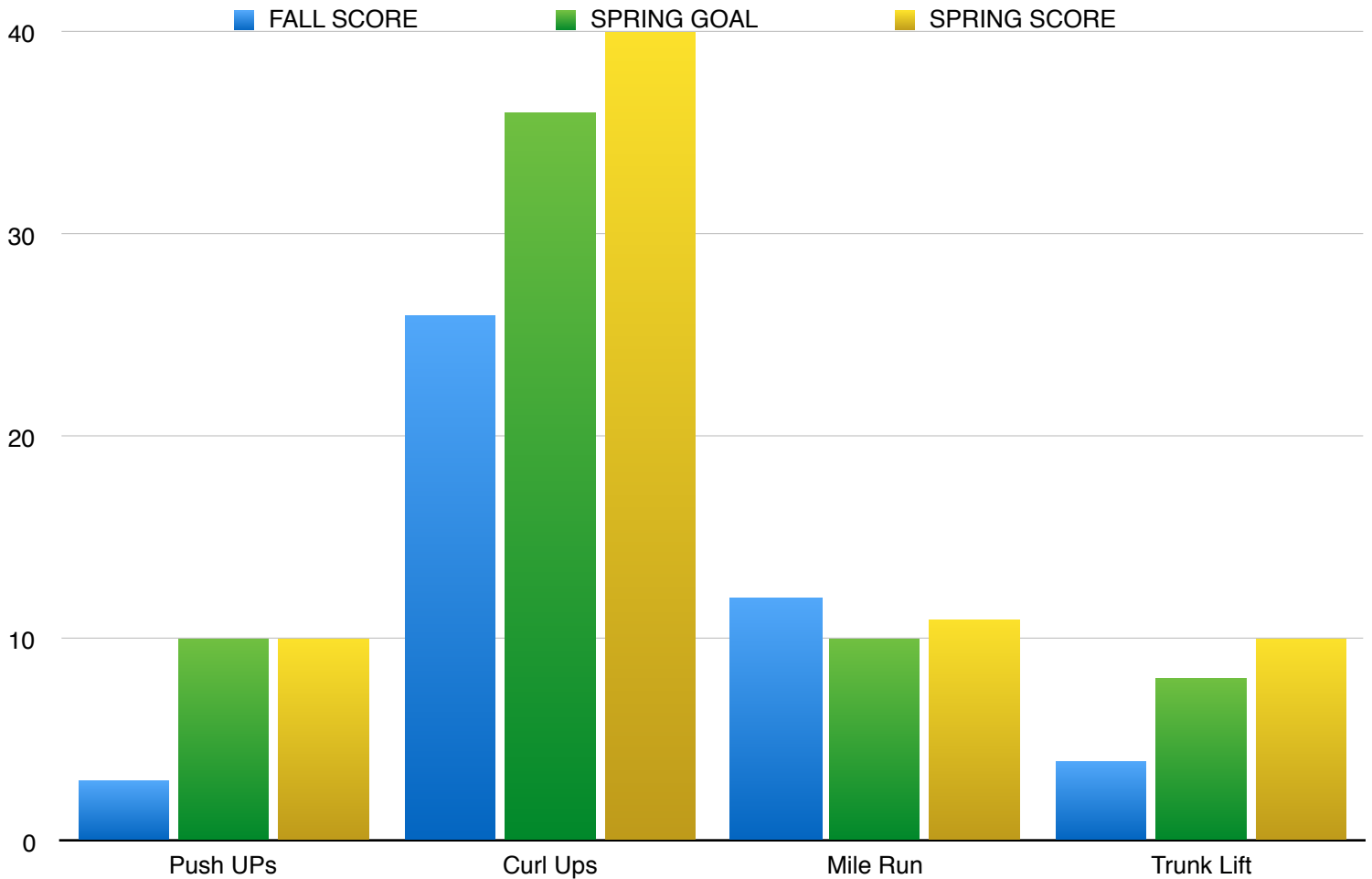
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# FITNESSGRAM PERSONAL REFLECTION



1. Were you able to achieve HFZ in any test areas? YES NO

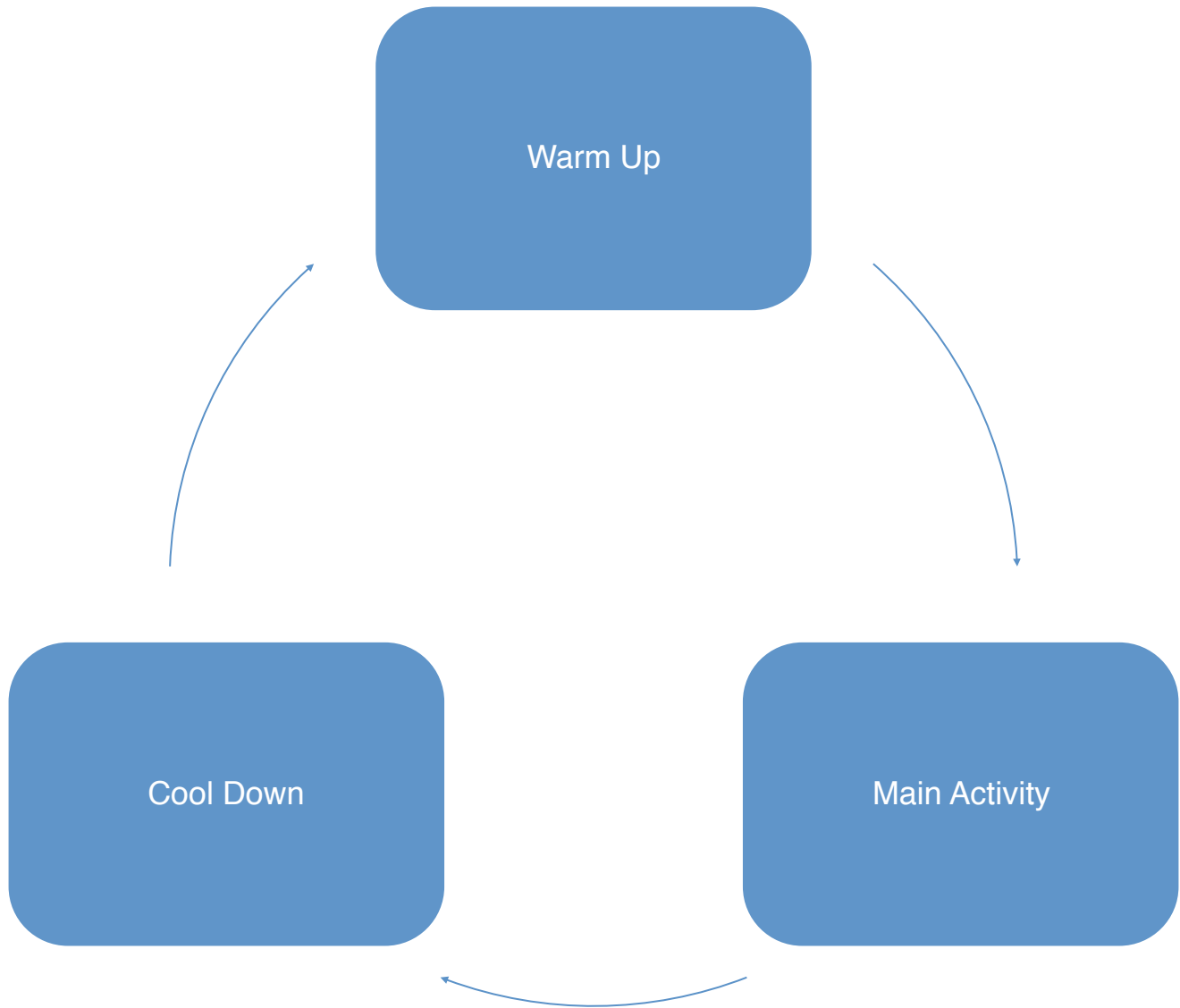
2. If yes, which one(s)?

3. Were you able to improve on any of your FALL scores? YES NO  
If yes, what do you think was the MAIN reason for this improvement?

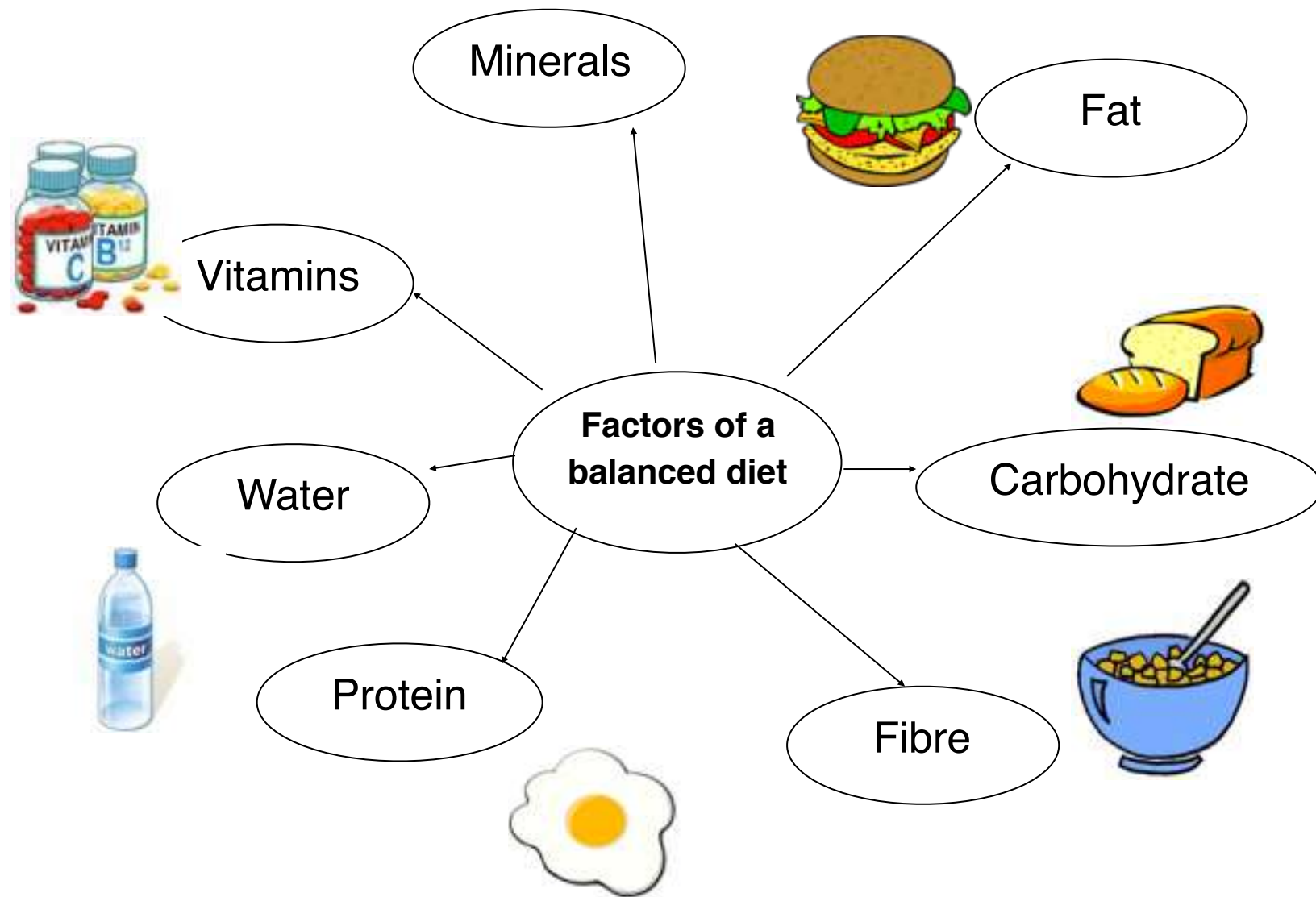
If no, what can do to continue to work towards improvement?



# The Exercise Session



# Factors of a Balanced Diet



<b>Vitamins</b>	Essential for health e.g. good vision/skin.
<b>Minerals</b>	For a healthy body & include calcium & iron.
<b>Water</b>	Keeps our body hydrated.
<b>Protein</b>	Helps build muscle and repair damaged tissue.
<b>Fibre</b>	Aids the digestion of our food.
<b>Carbohydrate</b>	Give us energy.
<b>Fat</b>	Provide energy and help muscles work.

# Why I Participate



Name \_\_\_\_\_

Class \_\_\_\_\_

Date \_\_\_\_\_

Identify five of your favorite physical activities and check all the factors that make you want to participate. Add other reasons, if desired.

My Five Favourite Physical Activities	Factors That Motivate Participation	
	Intrinsic	Extrinsic
1.	<input type="checkbox"/> I am good at it. <input type="checkbox"/> I enjoy it. <input type="checkbox"/> I like being with friends. <input type="checkbox"/> It makes me feel good. <input type="checkbox"/> Other _____	<input type="checkbox"/> To receive an award. <input type="checkbox"/> Because it's popular. <input type="checkbox"/> To be like a sports hero. <input type="checkbox"/> My family wants me to. <input type="checkbox"/> My friends want me to. <input type="checkbox"/> Other _____
2.	<input type="checkbox"/> I am good at it. <input type="checkbox"/> I enjoy it. <input type="checkbox"/> I like being with friends. <input type="checkbox"/> It makes me feel good. <input type="checkbox"/> Other _____	<input type="checkbox"/> To receive an award. <input type="checkbox"/> Because it's popular. <input type="checkbox"/> To be like a sports hero. <input type="checkbox"/> My family wants me to. <input type="checkbox"/> My friends want me to. <input type="checkbox"/> Other _____
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5.	<input type="checkbox"/> I am good at it. <input type="checkbox"/> I enjoy it. <input type="checkbox"/> I like being with friends. <input type="checkbox"/> It makes me feel good. <input type="checkbox"/> Other _____	<input type="checkbox"/> To receive an award. <input type="checkbox"/> Because it's popular. <input type="checkbox"/> To be like a sports hero. <input type="checkbox"/> My family wants me to. <input type="checkbox"/> My friends want me to. <input type="checkbox"/> Other _____

