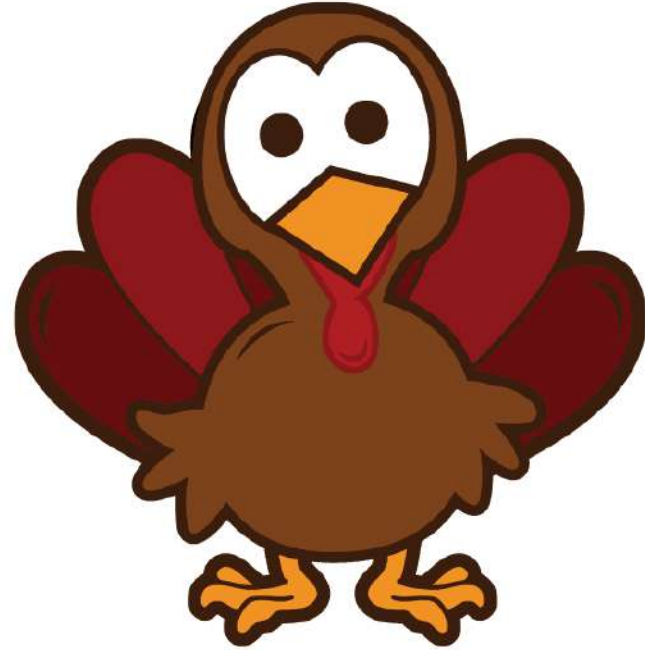


**Give
Thanks
Warm-up**



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G = Gallop

I

= Inchworm

V = **V-sit stretch**

E

= Encourage

Find 2 people to shake hands with and give them a
compliment to encourage them

T = Toe Touches

H

= High Five

as many classmates as you can

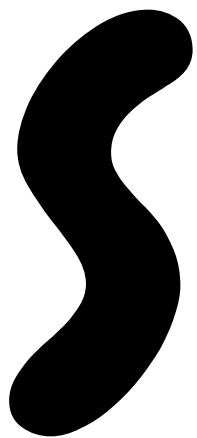
A = Arm Circles

N = Near and Far

(touch a wall that's near, touch one that's far)

K

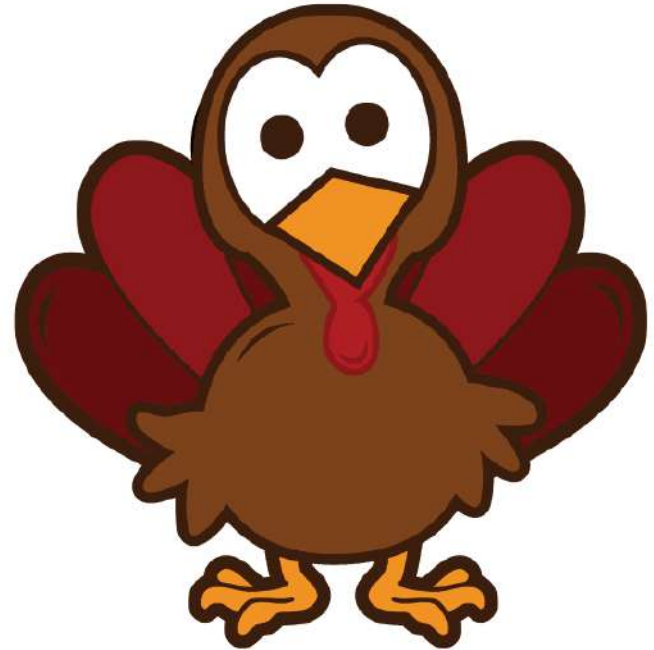
= Knee Lifts
(High Knees in place)



= Skip

Give Thanks

*Think about what you
are thankful for and
share with a friend*



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Student Target will be.....

Skill: I will perform each exercise with mature form.

Cognitive: I will discuss and identify the components of health-related fitness

Fitness: I will fully participate in all stations.

Personal & Social Responsibility: I will work cooperatively with classmates, participating with and accepting all skill levels.

HEALTH RELATED FITNESS COMPONENT - CIRCUIT ASSESSMENT

Work with your partner on this assessment.

Use the following abbreviations to match the exercises to their correct fitness component:

CRE = Cardiorespiratory Endurance **MS/E** = Muscular Strength/Endurance **F** = Flexibility

Jumping Jacks _____

Running in Place _____

Toe Touch

Windmills _____

PLANK _____

Squat Jumps _____

Quad Stretch _____
Jumps _____

Wall Sit _____

Line

Crab Walk _____

Hamstring Stretch _____

Lunges _____

HEALTH RELATED FITNESS COMPONENT DEFINITIONS

WORD BANK

heart
lungs
bend

oxygen

twist

stretch

joint

Muscular Strength

Muscular Endurance

Flexibility

Cardiorespiratory

Endurance

_____ is the ability of the _____ and _____ to supply
_____ to the working muscles for an extended period of time.

_____ is the ability to move a _____ through its complete range of motion. Having good flexibility allows
your muscles to _____, _____, and _____ with ease.

_____ is the ability to use a muscle group repeatedly over a long period of time.

_____ is the ability of the muscle group to work as hard as it can one time.

HEALTH RELATED FITNESS COMPONENT - CIRCUIT ASSESSMENT

Work with your partner on this assessment.

Use the following abbreviations to match the exercises to their correct fitness component:

CRE = Cardiorespiratory Endurance **MS/E** = Muscular Strength/Endurance **F** = Flexibility

Jumping Jacks CRE
Touch F

Running in Place CRE

Toe

Windmills F
Squat Jumps CRE MS/E

PLANK MS/E

Quad Stretch F
Line Jumps CRE

Wall Sit MS/E

Crab Walk MS/E

Hamstring Stretch F

HEALTH RELATED FITNESS COMPONENT DEFINITIONS

WORD BANK

heart	oxygen	twist
lungs	stretch	
bend	joint	Muscular Strength
	Muscular Endurance	
	Flexibility	Cardiorespiratory
	Endurance	

Cardiorespiratory Endurance is the ability of the **heart** and **lungs** to supply **oxygen** to the working muscles for an extended period of time.

Flexibility is the ability to move a **joint** through its complete range of motion. Having good flexibility allows your muscles to **bend, stretch** and **twist** with ease.

Muscular Endurance is the ability to use a muscle group repeatedly over a long period of time.

Muscular Strength is the ability of the muscle group to work as hard as it can one time.