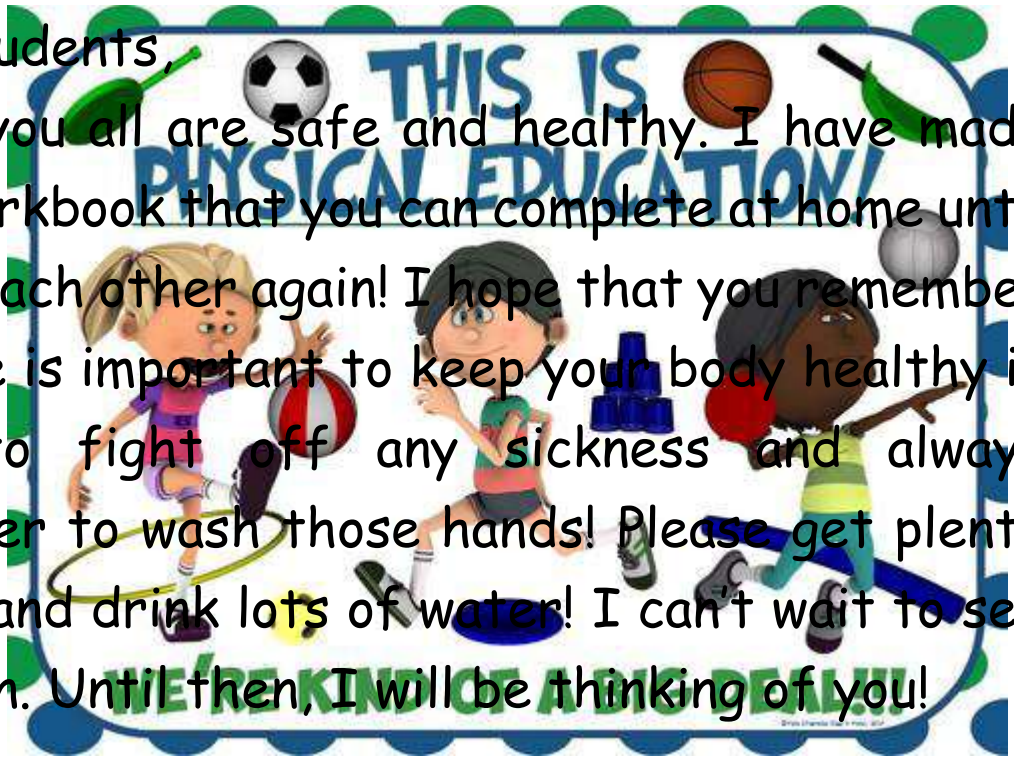
Physical Education Workbook

6-8th Grade

Herrera Elementary

Mrs. Roby

Dear Students,



I hope you all are safe and healthy. I have made you a workbook that you can complete at home until we see each other again! I hope that you remember exercise is important to keep your body healthy in order to fight off any sickness and always remember to wash those hands! Please get plenty of rest and drink lots of water! I can't wait to see you again. Until then, I will be thinking of you!

Sincerely,
Mrs. Roby

Finding Your Heart Rate!

Choose where to find your pulse and which aerobic exercise to do. Remember, which ever you choose, you must stay consistent! Work with a partner to monitor and record your heart rate as you exercise. What do you notice?

I choose to find my pulse in my _____ each time.

Wrist **Neck**

I choose to _____ to increase my heart rate.

Jumping Jacks **Hop In Place** **Run In Place**

Time (Minutes)	**Heart Rate** (Beats/Minute)	**Time** (Minutes)	**Heart Rate** (Beats/Minute)
Resting Heart Rate		After 2 Minutes Of Exercise	
After 1 Minute Of Exercise		Rest 30 Seconds	----------
Rest 30 Seconds	----------	After 3 Minutes Of Exercise	

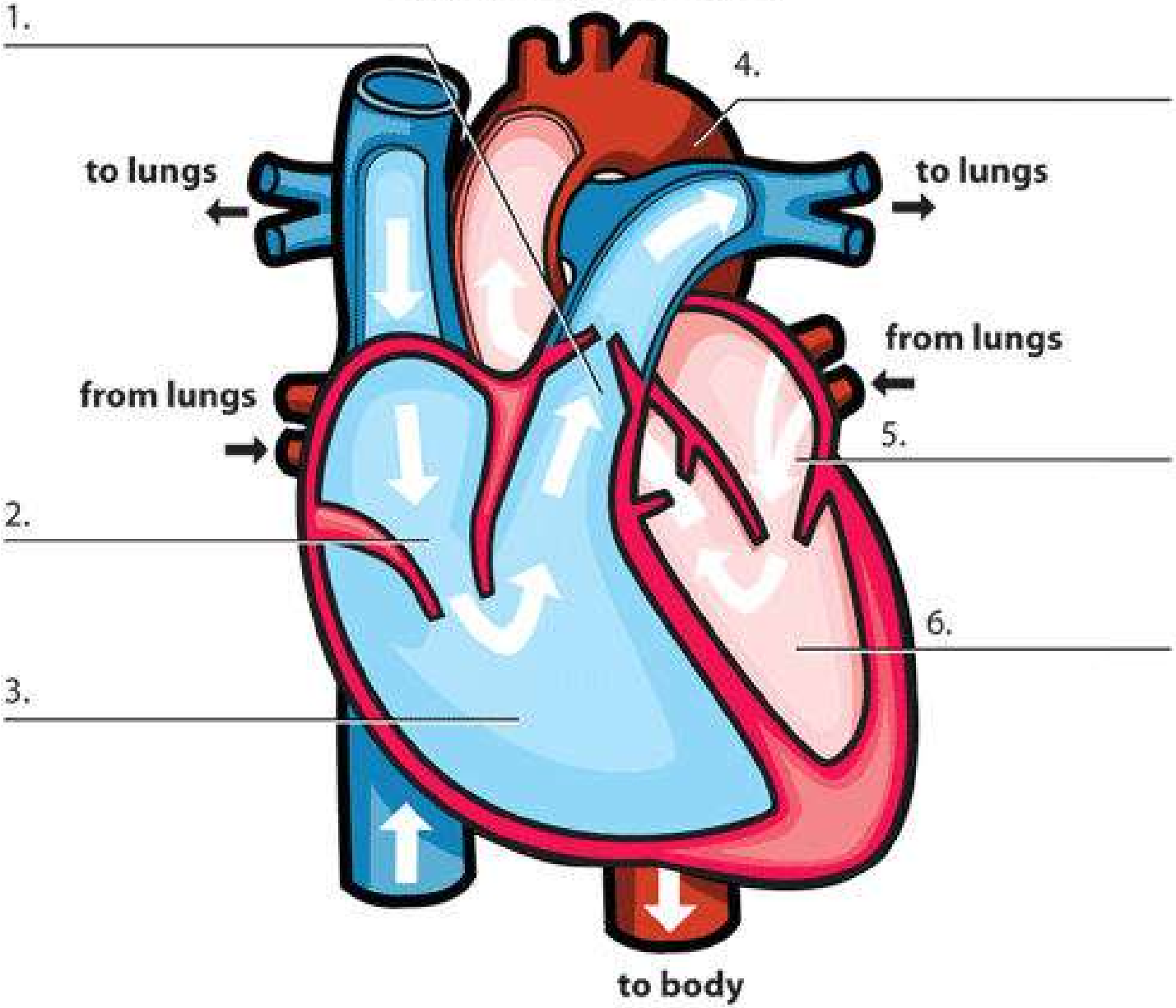
My average heart rate during this activity was _____ beats/minute

To find your average heart rate: add your resting heart rate, heart rate after one minute of exercise, heart rate after two minutes of exercise, and heart rate after three minutes of exercise. Divide that number by 4.

HOW THE BODY WORKS

The Heart

Directions: Print out, label the parts of the heart, and circle the four valves.



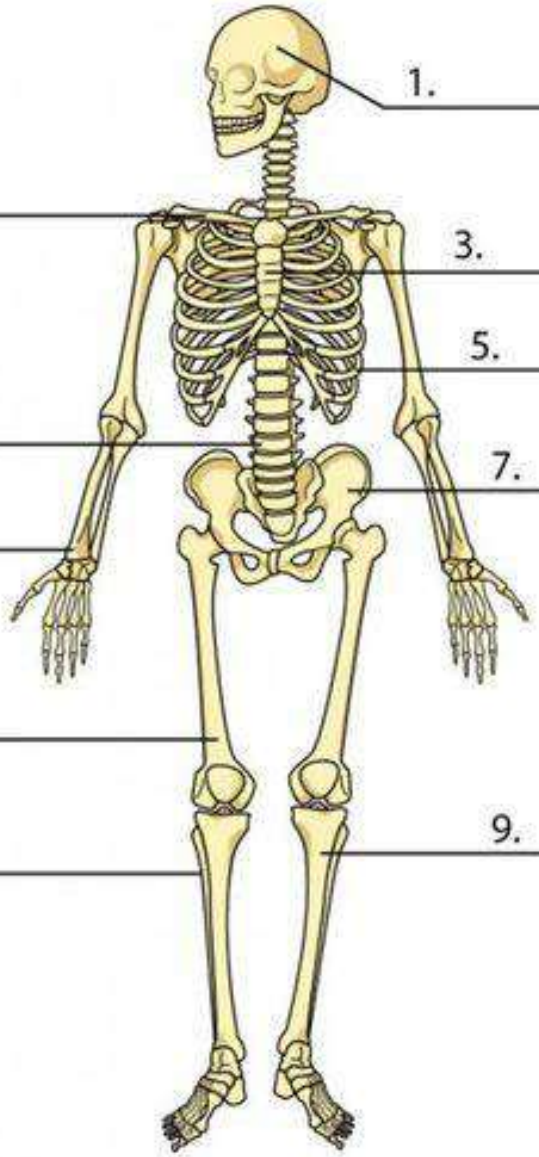
WORD BANK

left ventricle	right atrium	pulmonary artery
right ventricle	left atrium	aorta

HOW THE BODY WORKS

Skeleton

Directions: Print out and label the parts of the skeleton.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

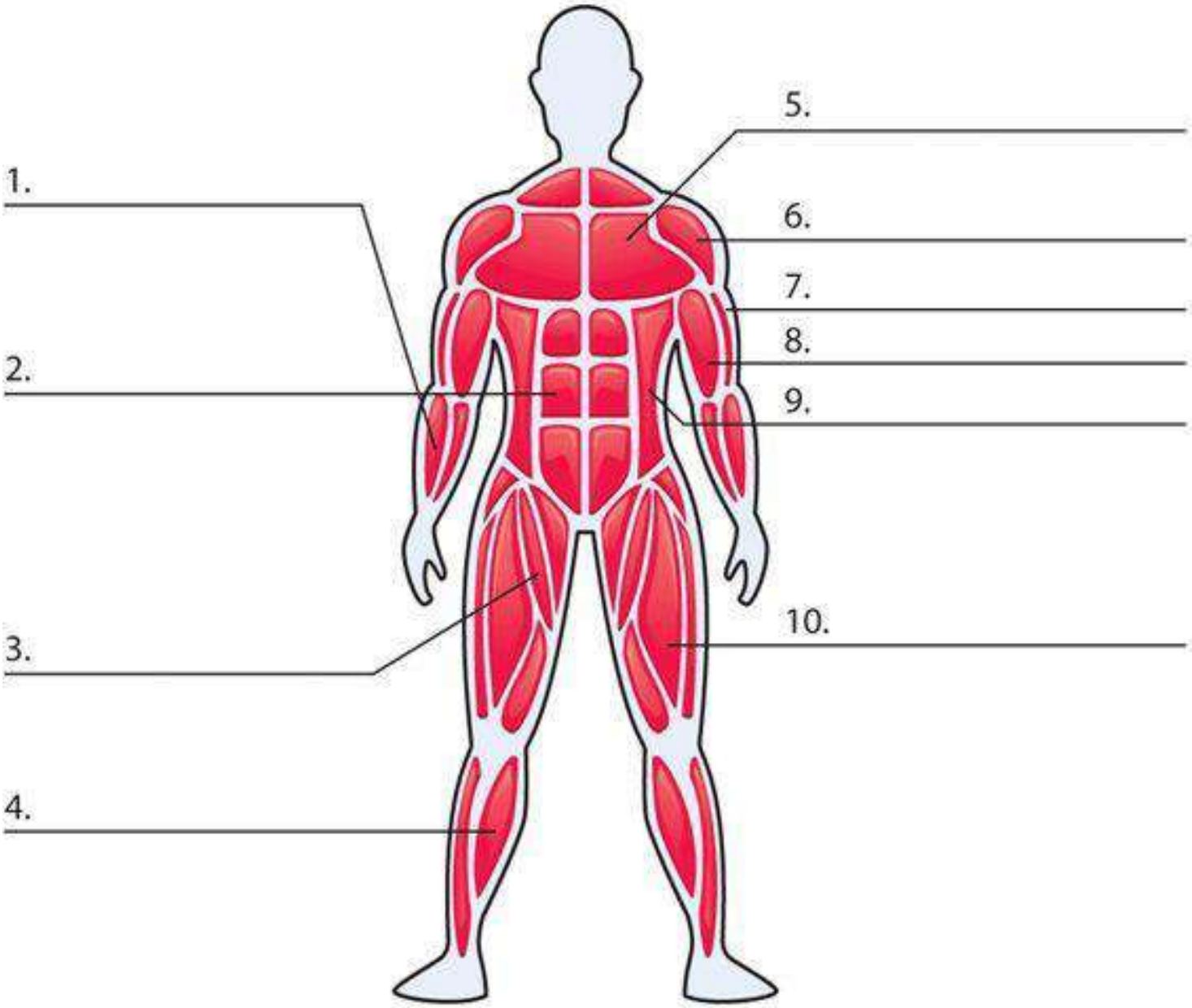
WORD BANK

tibia	ilium	radius	fibula
ribs	clavicle	spinal column	sternum
skull	femur		

HOW THE BODY WORKS

The Muscles

Directions: Print out and label the parts of the muscles.



WORD BANK

sartorius	brachioradialis	biceps	quadriceps
rectus abdominus	pectorals	external obliques	gastrocnemius
deltiods	triceps		

What Are Muscles and What Do They Do?

Muscles pull on the joints, allowing us to move. They also help the body do such things as chewing food and then moving it through the digestive system.

Even when we sit perfectly still, muscles throughout the body are constantly moving. Muscles help the heart beat, the chest rise and fall during breathing, and blood vessels regulate the pressure and flow of blood. When we smile and talk, muscles help us communicate, and when we exercise, they help us stay physically fit and healthy.

Humans have three different kinds of muscle:

1. **Skeletal muscle** is attached by cord-like tendons to bone, such as in the legs, arms, and face. Skeletal muscles are called striated (pronounced: STRY-ay-ted) because they are made up of fibers that have horizontal stripes when viewed under a microscope. These muscles help hold the skeleton together, give the body shape, and help it with everyday movements (known as voluntary muscles because you can control their movement). They can contract (shorten or tighten) quickly and powerfully, but they tire easily.

2. **Smooth, or involuntary, muscle** is also made of fibers, but this type of muscle looks smooth, not striated. We can't consciously control our smooth muscles; rather, they're controlled by the nervous system automatically (which is why they're also called involuntary). Examples of smooth muscles are the walls of the stomach and intestines, which help break up food and move it through the digestive system. Smooth muscle is also found in the walls of blood vessels, where it squeezes the stream of blood flowing through the vessels to help maintain blood pressure. Smooth muscles take longer to contract than skeletal muscles do, but they can stay contracted for a long time because they don't tire easily.

3. **Cardiac muscle** is found in the heart. The walls of the heart's chambers are composed almost entirely of muscle fibers. Cardiac muscle is also an involuntary type of muscle. Its rhythmic, powerful contractions force blood out of the heart as it beats.

Assignment:

Write a paragraph to summarize what you read about muscles. You many also draw an informational picture for each type of muscle. The choice is yours!

_____

_____

_____

_____

_____

_____

_____

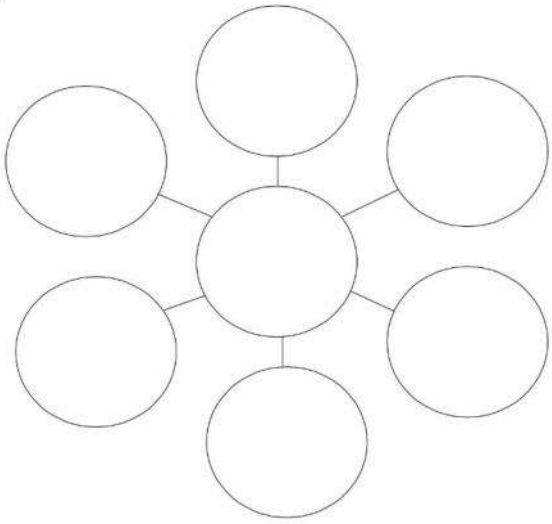
_____

Writing Prompts

Write in a journal about each of the questions. Use a graphic organizer like a bubble map to organize your thoughts before you write them down.

1. Would you rather take a long walk or a short run? What are the benefits of each?
2. How often do you exercise? Is it long enough?
3. Come up with three ways you and your family can get more active together.
4. Does your family go to a gym? If yes, how often do you go? If not, what can you do exercise at home?
5. Nutrition is also very important to fitness – how does good nutrition relate to exercise?
6. Make a list of five small ways people could be more active and write about their importance.

Bubble Map



TABATA AND DARBEE WORKOUTS

Complete the workouts as often as possible but remember rest is also important. You can find tabata music on the internet along with lots of other tabata workouts!

Set #	Exercise Name	Interval Start
1	Lunges	0:00
	Rest 10 Seconds	
2	Lunges	0:30
	Rest 10 Seconds	
3	Plank Arm Raises	1:00
	Rest 10 Seconds	
4	Plank Arm Raises	1:30
	Rest 10 Seconds	
5	Squats	2:00
	Rest 10 Seconds	
6	Squats	2:30
	Rest 10 Seconds	
7	Plank Leg Raises	3:00
	Rest 10 Seconds	
8	Plank Leg Raises	3:30
	Rest 10 Seconds	

SEARCH & RESCUE

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes

20 march steps

10 plank rotations

10 plank leg raises

20 march steps

10 shoulder taps

10-count plank hold

5 components of Fitness

PE Fit

Aerobic Endurance

What is Aerobic Endurance?

_____
_____

Why is Aerobic Endurance important?

_____
_____

What are some exercises/activities that help improve your Aerobic Endurance?

_____
_____

The most important muscle in your body is the _____.

Activity: PACER Test

The PACER Test, is a test that examines how well your heart can work during a long period of exercise.

You will get a sheet to score your partner and your partner will get a sheet to score you.

Every time your partner completes one trip, they are given a check on the chart.

We are able to compare these scores with the average scores for other students your age across the country!

Flexibility

What is flexibility?

_____

_____

What are some exercises that could improve your flexibility?

_____

_____

What are some sports/activities that would require a good level of flexibility?

_____

_____

Activity:

There are two activities that we can use to measure our level of flexibility, they are;

Sit and Reach

- This test measures your flexibility in your hamstrings and lower back.
- It is performed as part of the fitnessgram test and is measured one leg at a time.

Trunk Lift

- This test measures your flexibility and strength of both your upper and lower back muscles.
- Students extend their upper body off the ground as far as you can, using only your back muscles.

Muscular Fitness

What is muscular fitness?

_____
_____

List as many sports as you can that would require using muscular fitness.

_____
_____

List as many activities as you can that would require using muscular fitness.

_____
_____

Think! What do you think the difference between muscular strength and muscular endurance is? Turn and talk with a partner.

What is the difference between muscular strength and muscular endurance?

_____
_____
_____

What exercises do we use to test our Muscular Fitness?

There are two activities that we use to measure muscular fitness, they are;

Push-up Test

- During the push up test the student will perform push-ups going down and up to the cadence of a recording that is being played.
- The student must remember to bend their elbows to 90 degrees, keep their back flat and their feet together.

Curl-Up Test

- During the curl up test the student will perform curl-ups following the cadence of a recording that is being played
- The student must remember to keep their heads up, their feet and hands on the mat and to slide their fingers across the strip that is provided for them on the mat.

Body Composition

What is Body Composition?

_____
_____

What does BMI stand for?

_____

Why is Body Composition important?

_____
_____

What are some ways that we can improve our Body Composition and keep it at a healthy level?

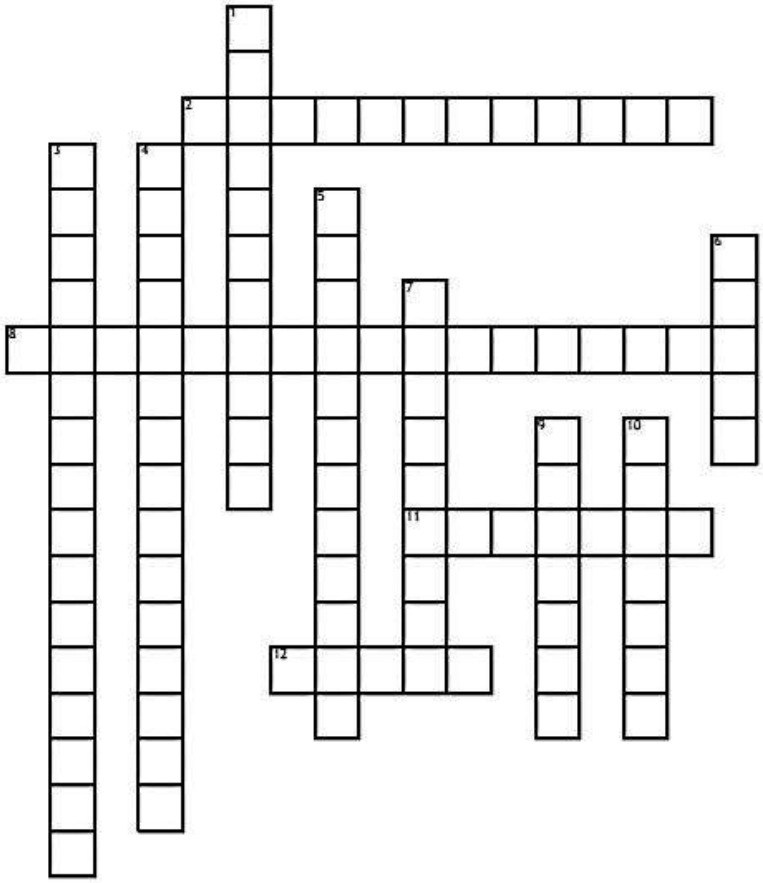
_____
_____

Match the component of fitness to the definition

Coordination	The ability to change the position of the body quickly
Speed	The ability to retain the centre of mass of the body above the base of support
Power	The ability to use two or more body parts together
Reaction time	The ability to undertake strength performances quickly
Balance	The time between the presentation of a stimulus and the onset of movement
Agility	The rate at which an individual is able to perform a movement or cover a distance in a period of time

Create a vocabulary foldable and write the definitions in your own words along with a picture.

Health and Skill Related Fitness Components



Across

2. The ability to move quickly once a signal to start moving is received.

8. The ability to use muscles for a long period of time without tiring.

11. The ability to change body positions quickly and keep the body under control when moving.

12. The ability to combine strength with speed while moving.

Down

1. The ability to use your joints fully through a wide range of motion.

3. The ability of muscles to lift a heavy weight or exert a lot of force one time.

4. The combination of all of the tissues that make up the body such as bones muscle, organs and body fat.

5. The ability of body parts to work together when you perform an activity.

6. The ability to get from one place to another in the shortest possible time.

7. Cardiovascular _____ - The ability of the heart, lungs, blood vessels, and blood to work efficiently and to supply the body with oxygen.

9. The ability to keep the body in a steady position while standing and moving.

10. There are 11 components of _____-

****Create your own word search for all the components of health and skill related fitness.**

Answer Key_How the Body Works: