



PLANIT
TEACHERS

Fitness Fundamentals: A Beginner's Guide to Physical Activity

Student Name: _____

Class: _____

Due Date: _____

Introduction and Warm-Up

Welcome to Fitness Fundamentals! This worksheet is designed to help you learn about the importance of physical activity and how to get started with a fitness routine.

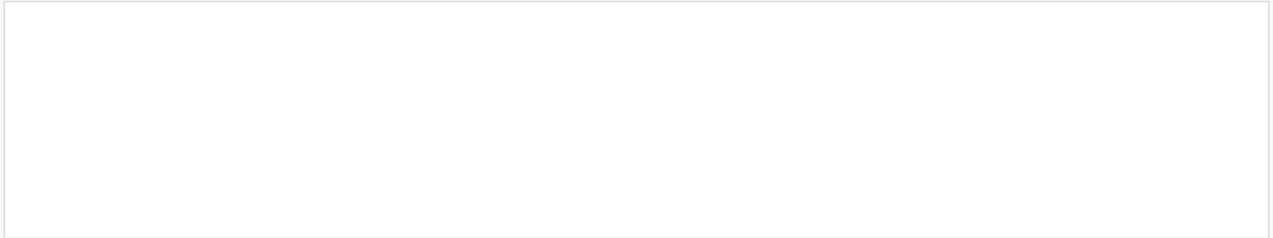
Warm-Up Question: What are some benefits of regular physical activity? (Answer: improved cardiovascular health, increased strength and flexibility, enhanced mental well-being)

Fitness Basics

Question 1: What is the recommended amount of physical activity per week for adults? (Answer: 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity)

Question 2: What are some examples of aerobic exercises? (Answer: brisk walking, jogging, cycling, swimming)

Activity: Draw a picture of your favorite aerobic exercise and write a short paragraph about why you enjoy it.



Nutrition and Hydration

Question 1: What are the three main macronutrients that provide energy for the body? (Answer: carbohydrates, protein, fat)

Question 2: Why is hydration important for physical activity? (Answer: to regulate body temperature, transport nutrients, and remove waste products)

Activity: Create a sample meal plan that includes a balance of macronutrients and hydrating foods.

Safety and Injury Prevention

Question 1: What are some common injuries that can occur during physical activity? (Answer: muscle strains, sprains, broken bones)

Question 2: What are some ways to prevent injuries during physical activity? (Answer: warm up and cool down, stretch, listen to your body)

Activity: Create a safety checklist for physical activity, including steps to take before, during, and after exercise.

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Goal Setting

Question 1: What is a SMART goal? (Answer: specific, measurable, achievable, relevant, time-bound)

Question 2: Why is it important to set goals for physical activity? (Answer: to stay motivated, track progress, achieve success)

Activity: Write a SMART goal for your physical activity routine and create an action plan to achieve it.

Fitness Activities

Question 1: What are some examples of bodyweight exercises? (Answer: push-ups, squats, lunges, planks)

Question 2: What are some benefits of group fitness classes? (Answer: social support, motivation, variety)

Activity: Create a fitness routine that includes a combination of aerobic exercises and bodyweight exercises.

Mind-Body Connection

Question 1: What is the mind-body connection? (Answer: the relationship between physical activity and mental well-being)

Question 2: How can physical activity improve mental health? (Answer: reduces stress, improves mood, enhances self-esteem)

Activity: Write a reflection about how physical activity makes you feel, including any benefits you've experienced.

Progressive Exercise Techniques

Question 1: What is progressive overload? (Answer: gradually increasing the intensity or difficulty of exercise over time)

Question 2: How can you progress your workouts to avoid plateaus? (Answer: increase weight, reps, or sets, change exercises or routine)

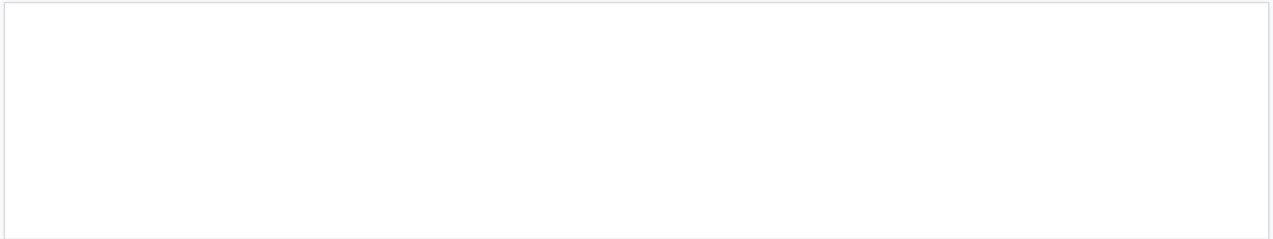
Activity: Create a workout plan that includes progressive overload and variety.

Fitness Tracking and Monitoring

Question 1: What are some ways to track physical activity? (Answer: fitness trackers, journals, mobile apps)

Question 2: Why is it important to monitor progress? (Answer: to stay motivated, track success, make adjustments)

Activity: Create a fitness tracker or journal to monitor your progress and reflect on your successes.

A large, empty rectangular box with a thin black border, intended for a student to create a fitness tracker or journal. It occupies the lower half of the activity section.

Conclusion and Next Steps

Conclusion: Congratulations on completing the Fitness Fundamentals worksheet! Remember to stay consistent, listen to your body, and have fun.

Next Steps: What are your next steps for continuing your fitness journey? (Answer: create a workout routine, find a workout buddy, try a new activity)

Final Activity: Write a reflection about what you've learned and how you plan to apply it to your life.