If you have queries about this work, please contact me at: **sdowling@bower-grove.kent.sch.uk**

My Health Profile!

Age:_____

1. On average how many serving of fruit and vegetables combined do you eat each day?

   None 1-2 3-5 5 5 or more

2. What did you have for breakfast this morning?_____
   _____

3. How many hours of sleep did you get last night?_____Hours

4. What is the normal time you go to bed on a school night?_____

5. Hour many hours (on average) of TV/computer time do you have during a week night?

   None <1 2 3 5 5>

6. How many hours (on average) of TV/computer time combined do you have over the weekend?

   None 1-2 3-4 5-6 7-8 9-10 10> 20>

7. What physical activities do you do on a regular basis?

   Example: I play on a hockey team in the winter.

   I go to the public pool once a week
   I have a swimming pool at home in the summer
   I play at the park 2-3 times a week
   I take dance lessons once a week
   I walk my dog every day for ½ an hour
   I walk to school every day (2x10 mins)

   _____
   _____
   _____
   _____
   _____

8. How would you rate your overall fitness level?

5=Amazing Athlete, 4= Athlete, 3= Like to be Active, 2= Oops, need to be fitter, 1=Couch Potato

1 2 3 4 5

9. How would you rate your safety during Physical Activity at school?

	ALWAYS	OFTEN	RARELY
I follow the safety rules in the Sport Hall.	☐	☐	☐
I follow the rules on the playground.	☐	☐	☐
I avoid dangerous manoeuvres when using equipment.	☐	☐	☐
I wear appropriate clothing in my P.E. classes.	☐	☐	☐
My running shoes are in good condition.	☐	☐	☐
I pay attention to others.	☐	☐	☐
I use the equipment only after receiving instructions.	☐	☐	☐

10. How would you rate your ability to relax?

	ALWAYS	OFTEN	RARELY
I am calm before I go to bed.	☐	☐	☐
I am calm in the classroom.	☐	☐	☐
I listen to soft music in order to relax.	☐	☐	☐
I enjoy and participate in relaxation activities.	☐	☐	☐
I stretch after doing physical activities.	☐	☐	☐
Other :_____	☐	☐	☐

Components of Fitness

There are four main components of Physical Fitness. Below are some exercises for each component to help you improve and maintain physical fitness.

Can you find 2 additional exercises for each component?

Cardiovascular Endurance

1. **Jumping Jacks:** for at least 1 min
2. **Jogging**: on the spot for at least 1 min
3. **Running** laps for a specified duration of time 5 min or more
4. **Skipping**: for at least 1 min
5. **Line Jumps** (Chose a line on gym floor, both feet together and jump over to either side continuously for 1 min)_
6. _____
7. _____

1. **Arms Circles**: both arms together 30 secs
2. **Wall Sit**: at least 45 seconds
3. **Stationary Lunges:** alternate legs 45 secs
4. **Body Plank:** hold for 45 seconds
5. **Sit Ups:** try as many as you can
6. _____
7. _____

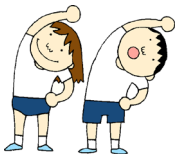
Muscular Strength

1. **Standing Long Jump**: how far can you jump?
2. **Push Ups:** How many can you do in 30 secs?
3. **Bicep curls** - how many can you do in 30 secs?
4. **Tricep Dip** on a chair - How many can you do in 30 secs
5. _____
6. _____

Flexibility

1. **Calf Stretch:** toe to the ceiling - 15 seconds each side
2. **Tricep Stretch:** (Overhead back scratch) – 15 seconds
3. **Touch your Toes:** legs straight – 15 seconds
4. **Cobra Stretch**: lie on your tummy and push up with hands – 15 seconds
5. _____
6. _____

Exploring Components of Fitness!



What component of fitness are you performing? Perform exercise 1-10 and in the table below tick which component(s) of fitness you think the exercise relates to.

Movement	Yes/No or your score	Cardio-vascualr	Flexibility	Muscular Strength	Muscular Endurance	Balance	Agility	Reaction Time	Coordination
1. How many times can you skip in 1 minute?									
2. How many sit ups can you do in 1 minute?									
3. How long can you stand on 1 foot with your eyes closed?									
4. Sit with legs straight out in front of you. Can you touch your toes?									
5. How many jumping jacks can you do in 1 minute?									
6. Put a penny on the back of your elbow and try and catch it with palm facing the ground!									
7. How far can you jump using a 2 foot take off (no running)?									
8. How many times in 1 minute can you face forward and move from side to side?									
9. Can you touch your hands									

behind your back?									
10. Can you bounce 2 balls at the same time?									

Heart rate Worksheet

1. Where and how do you find your "heart beat" (pulse)?

Directions

1. Predict your resting heart rate and record in the table below
2. Now find your heart rate either in your neck or your wrist.
3. Calculate you resting heart rate and record in the table below

	Resting Heart Rate	After Cardio Workout	After Stretching (Yoga)
My prediction			
My Heart Rate			

1. Why did your heart rate increase with exercise?_____
_____
_____

2. What happened to your body as you became more active?_____
_____
_____

3. For which activity did our heart rates increase the most? Why?_____
_____

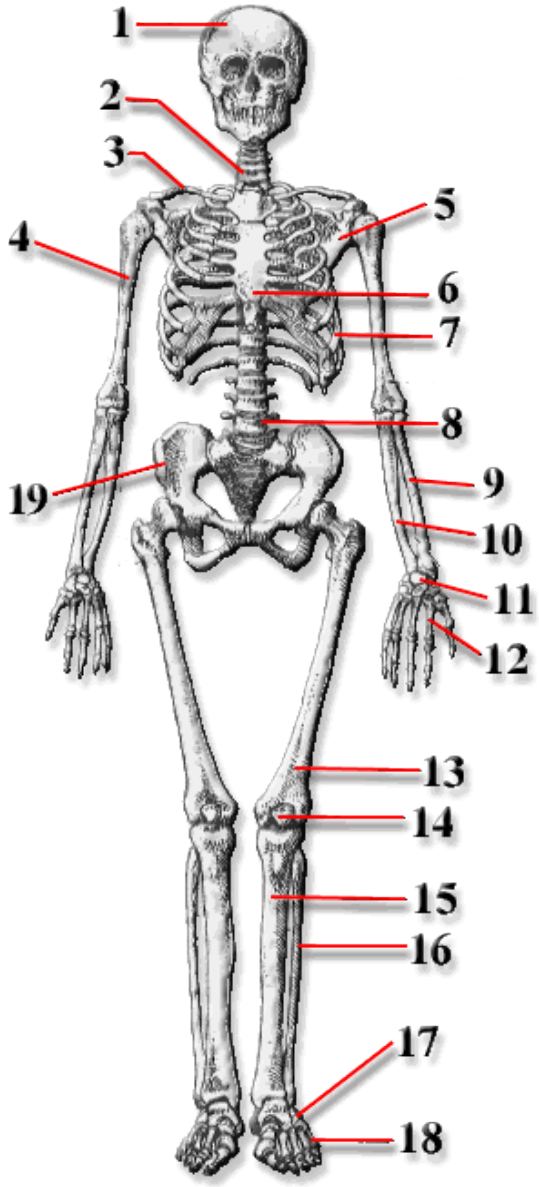
Resting Heart Rate: This is your heart rate when you are resting and relaxed. Average resting heart rate is around 70 Beats Per Minute (BPM), though yours may be lower or higher.

Maximum Heart Rate (MHR): This is the fastest that your heart is designed to beat. You do not want to reach your MHR as your heart would be working too hard. A healthy person would have a MHR of around 200 BPM.

Skeleton Worksheet

Using the diagram of the skeleton write down the name of each bone that corresponds to the number on the diagram, in the table below. The names of the bones are at the bottom of the page. You may use google to look up your answers.

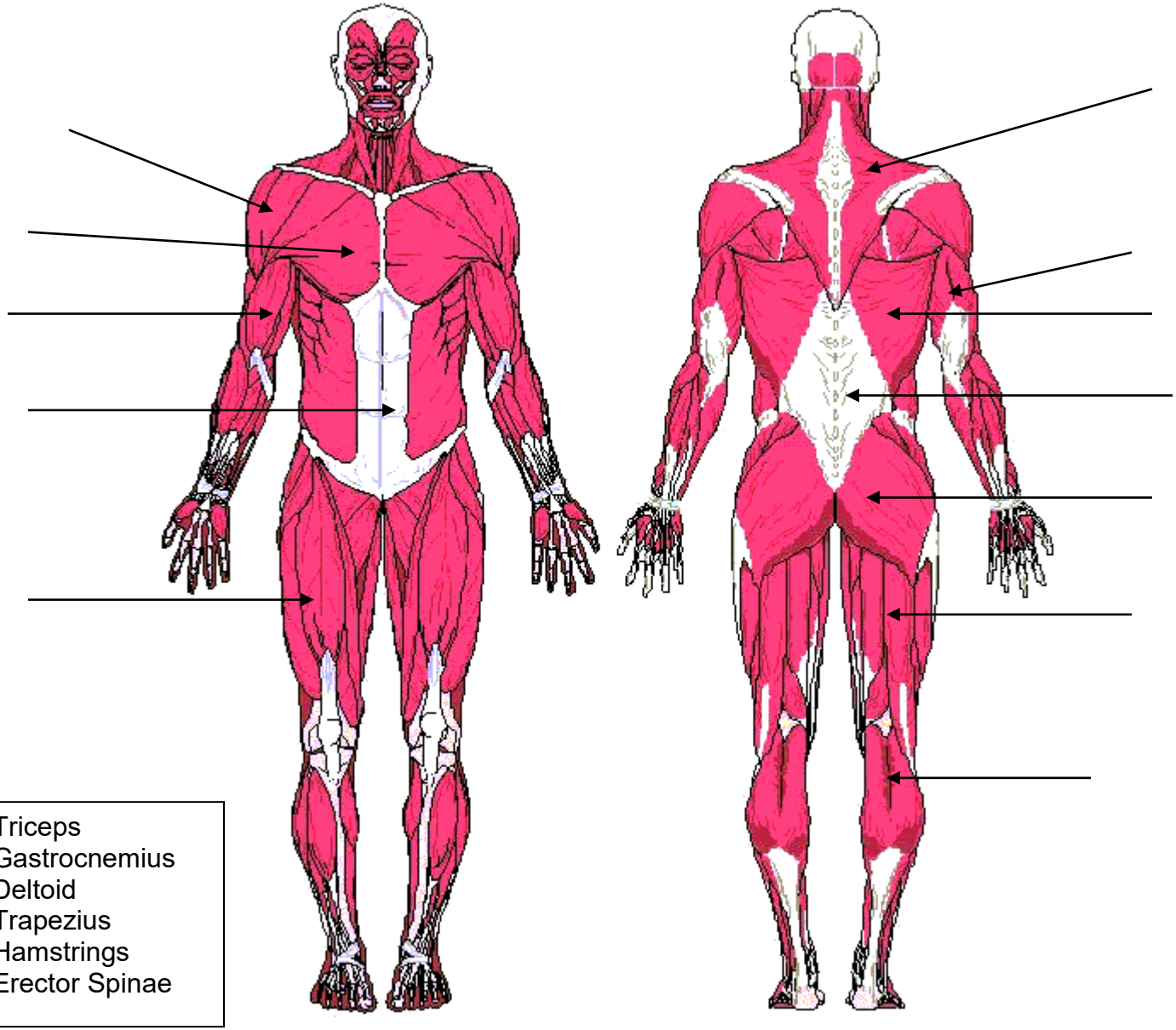
Names of the Bones
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.



Clavicle, Cranium, Mandible, Humerus, , Carpal bones, Metacarpal bones, Femur, Patella, Fibula, Tibia, Ulna, Radius, Tarsal bones, Scapular, Metatarsal bones, Ribs, Vertebrae, Pelvis

Muscles Worksheet

Using the picture provided write down the name of each muscle that the arrows point to. The names of the muscles are at the bottom of the page. **You may use google to look up your answers.**



Abdominals	Triceps
Biceps	Gastrocnemius
Quadriceps	Deltoid
Pectoralis major	Trapezius
Latissimus Dorsi	Hamstrings
Gluteus Maximus	Erector Spinae