



GAMES FOR LEARNING  
**FITNESS KNOWLEDGE**

INTERMEDIATE (3-5)

**PHYSICAL EDUCATION FITNESS PORTFOLIO**

NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

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## Portfolio Introduction

Fitness is the overall term that we'll be using to describe a journey to optimal health and well-being. Like all great journeys, you'll need a map to guide your way. This personal portfolio will be that map. We'll blend this work together with regular physical activity and healthful nutrition habits to help you reach your goals.

If you were able to reach an optimal fitness level...

Describe what you would look like: \_\_\_\_\_  
\_\_\_\_\_

Describe how you would feel: \_\_\_\_\_  
\_\_\_\_\_

Rank your top three goals for personal fitness (put a "1" by your top goal, then "2," and "3")

- \_\_\_\_\_ I'd like to get stronger
- \_\_\_\_\_ I'd like to have more muscle tone
- \_\_\_\_\_ I'd like to be able to run farther
- \_\_\_\_\_ I'd like to learn a new sport or activity
- \_\_\_\_\_ I'd like to be active for 60 minutes every day
- \_\_\_\_\_ I'd like to improve my diet by eating healthy foods

Check any or all of the general statements that were true about the last time you exercised:

- It was fun
- I was very tired afterward
- I had tons of energy afterward
- I slept better at night
- I talked with my family and/or friends about being active
- My muscles were sore the next day

Here are some of the benefits of being physical activate, but there are many others.

- Control your weight
- Reduce your risk of disease (cardiovascular, diabetes, etc.)
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood

Write one benefit (not listed above) that you have realized from being physically active.

- \_\_\_\_\_

## Warm-Up & Cool-Down

Warming-up and cooling-down are equally important and both typically incorporate some type of stretching.

### Word Bank

Warm-up  
Cool-down  
Static stretching  
Dynamic stretching

Using what you've learned in physical education, use the word bank to complete the sentences below.

\_\_\_\_\_ after being physically active in order to allow the heart and body to gradually slow down and return to normal.

\_\_\_\_\_ is a movement-based type of stretching. It can help prepare muscles and joints to be physically active.

\_\_\_\_\_ before being physically active in order to increase the temperature and flexibility of your muscles, and to help your body work safely and efficiently during activity.








\_\_\_\_\_ involves various techniques that gradually lengthen a muscle. This type of stretching exercise should be held for a minimum of 30 seconds.

## Tracking Physical Activity

Total daily physical activity time is important to know in order to calculate and understand your energy balance. Distinguishing between moderate (a walking pace) and vigorous (a jogging/running pace) will help you determine the intensity of your activity.

Complete the chart using the activities that you did during one day over the past weekend.

MVPA = Moderate to Vigorous Physical Activity

Date	Activity	Minutes	MVPA Level	Questions about your day
				Minutes spent watching TV/playing video games. _____
				Servings of fruit/veggies you ate. _____
				True/False: I was honest when recording my MVPA. _____
				
				
Name one activity not listed above that you enjoy outside of PE class.				
		Total Minutes	 = _____	Add both numbers for Total MVPA _____
			 = _____	

## Heart Rate

Heart rate during exercise is an indicator of intensity. In other words, it can tell you how hard you are working. During exercise, your heart rate will depend on several things: 1) the intensity of exercise, 2) your fitness level, and 3) your maximum heart rate. Have someone keep track of time so that you can accurately record your heart rate. Your **Ambient Heart Rate** is the rate at which your heart normally beats during the day when you're not being physically active. Your **Exercise Heart Rate** is how fast your heart beats during or immediately after exercise.






**Use the table below to experiment with activities that can increase your heart rate.**

Trial	Ambient HR	Exercise HR	What did you do to raise your HR?
1			
2			

## Nutrition

When you are living a healthy lifestyle, you are balancing what you eat with the things that you do to stay active. Staying healthy is important for both children and adults. Think about what you do to maintain a healthy lifestyle outside of school.

**Write a food for each food group on the line provided.**

	Vegetables	_____
	Fruits	_____
	Grains	_____
	Dairy	_____
	Protein	_____

**What food do vegetarians eat instead of meat for protein? (Circle one)**

Legumes (ex. beans)

Pasta and Pizza

If done properly, snacking between meals can be good for overall health.

**For 30 seconds, close your eyes and picture healthy foods that make good snacks.**

**Next, make a list on the lines below.**

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Hopefully you identified snacks with a lot of nutrients and minimal fat and added sugar. Snacking appropriately is important before and after physical activity.

**Circle the healthy snacks that someone should choose before or after physical activity. ~~Cross out the snacks that should not be eaten before or after physical activity.~~**

French Fries                      Yogurt with Granola                      Pop-up Toaster Snacks  
Apple with Peanut Butter                      Whole Grain Crackers & Cheese  
Chewy Fruit Snacks                      Carrots and Hummus                      Smoothie

### Hydration

All people need plenty of refreshing fluids to stay well-hydrated. Fluids are critical to prevent overheating and to remove the waste created by active muscles. Drink water to rehydrate and cool your body before, during, and after physical activity. Beverages with added sugars may increase your risk of obesity, diabetes, heart-disease, and other negative health concerns.

**4 grams of sugar is equal to 1 teaspoon. How teaspoons are in the beverages below?**

Drink	Sugar	Grams divided by 4	# Teaspoons
<i>Example: Drink Box</i>	16g	$16 \div 4 = 4$	4 teaspoons
Soda (20 oz bottle)	76g		
Energy Drink (16 oz)	60g		
Chocolate Milk (8 oz)	28g		
Iced Coffee Drink (16 oz.)	48g		

Dehydration results when people do not drink enough fluids. Dehydration can occur when the weather is hot or cold, and during and after any physical activity (even if a person does not sweat much). There are many signs of dehydration listed below.


























**Circle the one that is not a sign of dehydration.**

Thirst                      Laughing                      Dizziness                      Fatigue  
Dark-Yellow Urine                      Flushed Skin                      Temperature Increase

## Feelings and Attitudes about PE and Physical Activity

This is not a quiz. There are not right or wrong answers.

Color the face that shows how you feel.

1) How do you feel about participating in physical education at school?					
2) How do you feel about participating in physical activity and/or movement in the classroom?					
3) How do you feel about your current fitness level?					
4) How do you feel about your nutrition habits?					
5) Do you feel that PE helped improve your fitness levels and nutrition habits this school year?					

## Fitness

Fitness can be skill-related or health-related. Identify which of these 2 categories each component below belongs to. Next, write a physical activity in which that component is important.

Component of Fitness	Skill or Health-related?	Physical Activity
Agility		
Muscular Strength		
Reaction Time		
Cardiorespiratory Endurance		
Coordination		
Body Composition		
Muscular Endurance		
Speed		
Balance		
Flexibility		
Power		

## Fitness Testing

The FITNESSGRAM physical fitness assessment does not measure athletic ability. It does measure health-related fitness levels. Physical fitness is vital to overall health. Regardless of your age, you will be happier if you are healthy and fit. Answer the questions below after reviewing your FITNESSGRAM results.

- 1) What FITNESSGRAM test result are you most proud of? \_\_\_\_\_
- 2) Is there a fitness component that needs remediation (i.e., a score that you could improve next time)?  
\_\_\_\_\_  
\_\_\_\_\_
- 3) Using the component of fitness that you identified above, what steps do you plan to take in order to improve or enhance your next FITNESSGRAM assessment?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 4) Having a plan to maintain or enhance your fitness is important. Describe what you will do both during and outside of school to live a healthy and active lifestyle.  
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