



HPE2 What does fitness mean for people?

This classroom-based module encourages students and teachers to discuss fitness, what it means for one's health and different meanings of fitness for people.

Health and Physical Education teacher's lesson plan

Suitable for teaching at most secondary school years or levels

What does fitness mean for people?

How to use this module

Photocopy required numbers of the module. Distribute to students, invite them to choose their characters and then either individually or in groups act out the roleplay and work through the discussion and activities. Use as a class lesson or within your teaching plan.

Lesson duration

One-two class lessons depending on objectives.

Achievement objectives

Introduces concepts of fitness that reflect personal understanding and goals of fitness.

Characters

Students One, Two, Three, Four, Five, Six, Seven.

Assessment

- Students have an understanding of fitness and fitness goals
- Evaluate beliefs about fitness and undertake activities to develop personal fitness.

Note

ActUp modules are fictional works. Any similarity or reference to actual events or places or products or persons, living or dead, is entirely coincidental and not intended.

A GROUP OF STUDENTS ENTER A CLASSROOM. STUDENT ONE IS SITTING ALONE.

ONE Hi there.

TWO Hi. What's up?

GREETINGS FROM EVERYONE.

THREE What are you doing in here?

ONE Reading books about fitness.

FOUR What for?

ONE I want to understand what fitness is all about.

FIVE We know what fitness is about, don't we?

STUDENTS ALL NOD IN AGREEMENT.

ONE You all know what it's about?

SIX Sure do. You ask us any question, we can help you.

STUDENTS ALL NOD IN AGREEMENT.

ONE Do you want to start with the easy ones first or the hard questions first?

TWO Easy of course, best way to start.

ONE So, what does being fit mean?

TWO That's easy. Being fit means like I can run from that corner of the field to that corner in less than thirty seconds. That's what being fit is.

ONE Do you all agree with that definition of fitness?

THREE I don't.

ONE Why not?

THREE Well, I go for like a thirty minute walk everyday, and I think that keeps me fit, but there's no way that I can run across the grass as fast as you. But then that doesn't mean that I'm not fit, and I think that you couldn't run from there to that side of the grass to the other back and forth for thirty minutes either, so that might mean that you're not fit.

TWO I am fit.

THREE You are fit but maybe there's different sorts of fitness.

Student worksheet

Discussion and activities

Students perform the play then work through some or all of the following discussion and activities, either individually or in groups.

Discussion

1. What does fitness mean to you?

2. What are some different ideas of fitness?

3. When someone says, they're fit, what might they mean?

4. If you had three different friends who said they're fit, do you think they would all have the same type of fitness? Why?
