

SECOND EDITION

# Physical Best Activity Guide

Middle and High School Levels

Includes  
CD-ROM

**PHYSICAL  
BEST**



**NASPE**



SECOND EDITION

# Physical Best Activity Guide

Middle and High School Levels



HUMAN KINETICS

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# PREFACE

Physical Best is a comprehensive health-related fitness education program developed by physical educators for physical educators. Physical Best was designed to educate, challenge, and encourage all young people in the knowledge, skills, and attitudes needed for a healthy and fit life. The goal of the program is to help students move from dependence to independence for their own health and fitness by promoting regular, enjoyable physical activity. The purpose of Physical Best is to educate *all* children, regardless of athletic talent, physical and mental abilities or disabilities. Physical Best implements this goal through quality resources and professional development workshops for physical educators.

Physical Best is a program of the National Association for Sport and Physical Education (NASPE). A nonprofit membership organization of over 18,000 professionals in the sport and physical education fields, NASPE is an association of the American Alliance for Health, Physical Education, Recreation and Dance dedicated to strengthening basic knowledge about healthy lifestyles among professionals and the public. Putting that knowledge into action in schools and communities across the nation is critical to improved academic performance, social reform, and the health of individuals.

## Overview of Physical Best Resources

This guide contains the information you need to help 6th- to 12th-grade students gain the knowledge, skills, appreciation, and confidence to lead physically active, healthy lives. The easy-to-use instructional activities have been developed and used successfully by physical educators across the United States. You will find competitive and noncompetitive activities, demanding and less demanding activities, and activities that allow for maximum time on task. Above all, the activities are designed to be educational and fun! Packaged with the book is a CD-ROM containing reproducible charts, posters, and handouts that accompany the activities. New features for the second edition include many new activities in each chapter, the addition of a new chapter, Combined-Component Training, that contains activities incorporating multiple health-related fitness components, and a new section focused on personal health and fitness planning, which introduces students to the skills they'll need to be physically active for life after they graduate from high school.

This book has two companion resources:

■ *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Second Edition* is a comprehensive guide to successfully incorporating health-related fitness and lifetime physical activity into physical education programs. The guide provides a conceptual framework based on recent research, covering topics such as behavior, motivation and goal setting, health-related fitness curriculum development and teaching methods, components and principles of fitness, and inclusion in health-related fitness, and health-related fitness assessment. The guide also contains a wealth of practical information and examples from experienced physical educators. The second edition has streamlined and reorganized many of the chapters, added a glossary and more practical information and resources for physical educators, and updated information and references throughout the text.



■ *Physical Best Activity Guide: Elementary Level, Second Edition* contains the information needed to help K-5 students gain the knowledge, skills, appreciation, and confidence to lead physically active, healthy lives. The easy-to-use instructional activities have been developed and used successfully by physical educators across the United States. You will find competitive and noncompetitive activities, demanding and less demanding activities, and activities that allow for maximum time on task. Above all, the activities are designed to be educational and fun! Packaged with the book is a CD-ROM of reproducible charts, posters, and handouts that accompany the activities, many new activities in each chapter, a sample newsletter for each component of fitness, and a new chapter titled Special Events, which contains activities that coincide with national holidays and health observances throughout the school year.

## Related Resources

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During a typical school year, many educators will use more than one program and a variety of teaching resources, overlapping different approaches on a day-to-day basis. With this in mind, it may be reassuring to know that although Physical Best is designed to be used independently for teaching health-related fitness, the following resources can also be used in conjunction with the Physical Best program. *FITNESSGRAM/ACTIVITYGRAM*, *Fitness for Life* and the NASPE products listed in the next section are suggested resources to complement Physical Best.

### ***FITNESSGRAM/ACTIVITYGRAM***

*FITNESSGRAM/ACTIVITYGRAM* is a comprehensive health-related fitness and activity assessment and computerized reporting system. All elements within *FITNESSGRAM/ACTIVITYGRAM* are designed to assist teachers in accomplishing the primary objective of youth fitness programs, which is to help students establish physical activity as a part of their daily lives.

*FITNESSGRAM/ACTIVITYGRAM* promotes the belief that regular physical activity contributes to good health, improved function, and overall well-being and that it is important throughout a person's lifetime. This assessment encourages school programs to have the long-term view of promoting appropriate physical activity rather than focusing only on testing and performance aspects of physical fitness in children and youth. Physical activity should be fun and enjoyable.

*FITNESSGRAM/ACTIVITYGRAM* resources are published and available through Human Kinetics, as are the Brockport Physical Fitness Test, which is a health-related fitness assessment for students with disabilities.

### ***Fitness for Life***

*Fitness for Life* is a complete set of resources for teaching a lifetime fitness and wellness course at the secondary level. It is compatible with the Physical Best program in philosophy, with the goal of lifelong physical activity habits, and *Fitness for Life* is a program that has been shown by research to be effective in promoting physically active behavior after students finish school.

*Fitness for Life* and Physical Best complement one another effectively, because the *Physical Best Activity Guide: Middle and High School Levels, Second Edition* can be used both before and after a *Fitness for Life* course, as well as during the course to provide supplemental activities. Both programs are based on the HELP philosophy, which promotes health for everyone with a focus on lifetime activity of a personal nature. In fact, the two programs are so compatible that the Physical Best program offers teacher training for *Fitness for Life* course instructors.

### **NASPE Resources**

NASPE publishes many additional useful and related resources that are available by calling 800-321-0789 or online through the AAHPERD store at [www.aahperd.org](http://www.aahperd.org).

- *Moving Into the Future: National Standards for Physical Education, Second Edition.*
- *Beyond Activities: Learning Experiences to Support the National Physical Education Standards*
- *Appropriate Practices Documents (Elementary, Middle School, and High School)*
- Assessment Series—titles relating to fitness and heart rate
- *Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12.*

## **Physical Best Certification**

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Physical Best provides accurate, up-to-date information and training to help today's physical educators create a conceptual and integrated format for health-related fitness education within their programs. NASPE/AAHPERD offers a certification program that allows physical education teachers to become Physical Best Health-Fitness Specialists. The Physical Best certification has been created specifically for the purpose of updating physical educators on the most effective strategies for helping their students gain the knowledge, skills, appreciation, and confidence needed to lead physically active, healthy lives. The program focuses on application—how to teach fitness concepts through developmentally and age-appropriate activities.

To earn certification through NASPE/AAHPERD as a Physical Best Health-Fitness Specialist, you will need to do the following:

- Attend the one-day Physical Best Health-Fitness Specialist Workshop.
- Read this book, *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Second Edition*, and the *FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Third Edition*.
- Using the required resources mentioned above, complete a take-home examination and submit it to NASPE/AAHPERD. Successful and timely completion and submission to NASPE/AAHPERD will result in certification.

For more information or to learn about becoming a Physical Best Health-Fitness Specialist or Instructor (to train other teachers), call Physical Best at 800-213-7193.

# ACKNOWLEDGMENTS

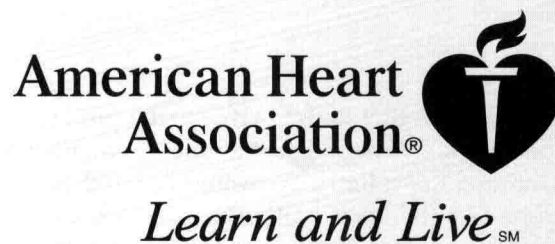
Many educators contributed their time and expertise to this project, beginning with reviews of the first edition by many of the Physical Best Steering Committee members and Physical Best Instructors from around the country. We would like to thank Marian Franck (Maryland), who wrote the report for this book, synthesizing feedback from multiple sources and detailing a comprehensive list of recommendations for the second edition.

In addition to the overall guidance of the Physical Best Steering Committee, the following individuals contributed new activities or significant editorial input for this edition:

<b>Melissa Black</b> <i>Ohio</i>	<b>Melody Kyzer</b> <i>North Carolina</i>	<b>Cynthia Naylor</b> <i>Maryland</i>
<b>Jeff Carpenter</b> <i>Washington</i>	<b>Judy Jagger-Mescher</b> <i>Ohio</i>	<b>Kevin O'Brien</b> <i>Ohio</i>
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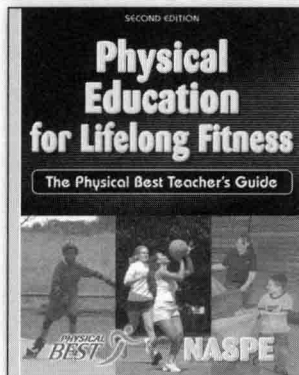


The Physical Best program has been reviewed by the American Heart Association and is consistent with their science and recommendations for physical activity.

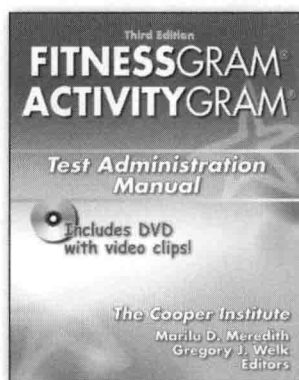
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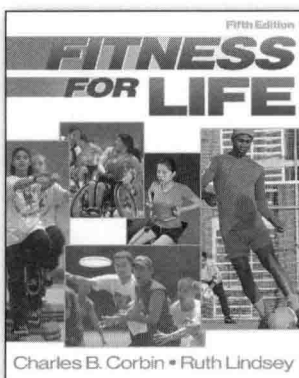
# Coordinated resources for a complete health-related physical activity curriculum



## New Editions!



## New & Improved Test Administration Manual now available.



## New Edition!

Physical Best is a program of resources and training for K-12 physical educators. This health-related fitness education program was developed by the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and is now offered through the National Association for Sport and Physical Education (NASPE). It provides the material teachers need for implementing health-related fitness education, including curriculum development and health-related fitness activities. Physical Best, along with the *FITNESSGRAM/ACTIVITYGRAM* assessment program, provides a comprehensive health-related fitness education program:

- *FITNESSGRAM/ACTIVITYGRAM*, developed by the Cooper Institute, provides the fitness and activity assessment components for physical education programs that include comprehensive health-related fitness education. *FITNESSGRAM* is endorsed and adopted by NASPE as the assessment component of Physical Best.

Other resources also complement the Physical Best materials:

- *Fitness for Life*, from fitness pioneers Chuck Corbin and Ruth Lindsey, is a text for middle and high school students that presents information about health-related physical activity in a way that gets the message across to students. The text complements the *FITNESSGRAM/ACTIVITYGRAM* assessments by providing students with authoritative information about health-related fitness, physical activity, healthy behaviors, and exercise adherence.
- The *Brockport Physical Fitness Test* is specifically designed to test the fitness of youths from ages 10 through 17 who have various disabilities. The associated software is designed to share student data with other sources such as *FITNESSGRAM/ACTIVITYGRAM*.

For a complete description call

**1-800-747-4457**

Web site: [www.HumanKinetics.com](http://www.HumanKinetics.com)



**HUMAN KINETICS**

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# ACTIVITY FINDER

Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducible (on CD-Rom)
3.1	Aerobic Capture	23	Definition	•		None
3.2	Clean Out Your Arteries	26	Health benefits	•		None
3.3	Aerobic Benefit Hunt	28	Health benefits	•		Aerobic Benefit Cards Aerobic Benefit Student Worksheet
3.4	Wanderer	30	Warm-up and cool-down; intensity	•		Heart Rate Record Sheet
3.5	Four-Corner Heart Healthy Warm-Up and Cool-Down	33	Warm-up and cool-down		•	Benefits of Warming Up and Cooling Down Poster Four-Corner Heart Healthy Warm-Up and Cool-Down Cards
3.6	Fitting in Fitness	36	Frequency	•		Basketball Handout Jogging Handout Tennis Handout Aerobics Handout Football Handout Volleyball Handout Skating Handout Hockey Handout
3.7	Heartbeat Stations	40	Intensity and time	•		Heartbeat Stations Score Sheet
3.8	Cross-Training Trio	42	Time and type	•	•	Aerobic Fitness: Cross-Training Activities Log Aerobic Fitness: Cross-Training Benefits and Guidelines
3.9	Target Zone Aerobic Martial Arts	45	Intensity and time		•	Target Zone Aerobic Martial Arts Recording Form
3.10	Continuous Relay	48	Intensity and time		•	Individual Workout Log
4.1	Imposter—Or Not?	56	Definition	•		Imposter—Or Not? Station Task Cards Imposter—Or Not? Worksheet
4.2	Go for the Team Gold	59	Health benefits	•		Go for the Team Gold Task Cards Go for the Team Gold Handout

Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducible (on CD-ROM)
4.3	Safely Finding the 8- to 12-Rep Range	61	Intensity		●	Weight-Training Chart
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4.8	Resistance Band Repetitions	75	Intensity and progression		●	Resistance Band Exercise Cards Resistance Band Log
4.9	Muscle Up	78	Specificity		●	Muscle Groups Diagram Muscle Up Classification Chart
4.10	R U on Overload?	81	Overload principle		●	Weight-Training Chart
5.1	Flexibility Fling	90	Definition	●		Flexibility Task and Benefit Cards Unsafe Stretching Risk Cards
5.2	All-Star Stretches	92	Health benefits	●	●	Flexibility Task and Benefit Cards Unsafe Stretching Risk Cards Guidelines for Safe Stretching Poster Benefits of Good Flexibility Poster
5.3	Type Cast	95	Specificity	●	●	Flexibility Task and Benefit Cards
5.4	Sport Spectacular	98	Specificity		●	Sport Stretch Pages
5.5	Introduction to Yoga	100	Frequency and time	●	●	Yoga Signs Yoga Pose Cards Yoga Log

(continued)

**Activity Finder** (continued)

Activity number	Activity title	Activity page	Concept	Middle school	Hgih school	Reproducible (on CD-ROM)
6.1	Build a Body	107	Definition	•		None
6.2	All Sport Body Comp Quizzo	110	Definition	•	•	Body Composition Quizzo Chart Body Composition Quizzo Term Cards All Sport Body Comosition Activity List
6.3	Body Comp Survivor	113	Health benefits	•	•	Body Composition Survivor Challenges Three Body Composition Puzzles Super Survivor Questions
6.4	Frisbee Calorie Blaster	117	Health benefits		•	None
6.5	1,000 Reps	119	Growth and develop- ment	•		1,000 Reps and Seconds Chart Estimated Energy Expenditure for Common Activities Chart
6.6	Cross-Training Triumph	122	Growth and develop- ment		•	Cross-Training Triumph Task Cards
6.7	Health Quest	125	Nutrition	•	•	Checkpoint Signs Health Quest Answer Sheets Food Guide Pyramid
6.8	Fast Food Frenzy	128	Nutrition	•	•	Fast Food Frenzy Discovery Worksheet Calorie Chart Instructions for Stations Lunch Menu Suggestion Cards Health Behavior Contract
6.9	Mass Metabolism	133	Metabolism and nutrition	•		Metabolism Log
7.1	Match the Compo- nents	140	Definition	•	•	Health-Related Fitness Activity Cards
7.2	Health-Related, Skill- Related Circuit	142	Definition	•	•	Fitness Components Identification Circuit Instructions Fitness Components Identifiction Circuit Worksheet Fitness Components Identification Circuit Posters Fitness Components Identification Circuit Answer Key



Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducible (on CD-ROM)
7.3	Health and Fitness Treasure Hunt	145	Health benefits	•	•	Health and Fitness Treasure Hunt Task Cards
7.4	Fortune Cookie Fitness	147	Exploring options and making choices	•	•	Fitness Fortunes
7.5	Circuit Training Choices	150	Exploring options and making choices	•	•	Circuit Training Choices Signs
7.6	Fitness Unscramble	152	Exploring options and making choices	•	•	Fitness Unscramble Task Cards
						Fitness Unscramble Worksheet
						Fitness Unscramble Worksheet Answer Key
7.7	Jump Bands Fitness	154	Exploring options and making choices	•	•	None
7.8	Partner Racetrack Fitness	157	Exploring options and making choices	•	•	Racetrack Signs
7.9	12 Ways to Fitness	159	Exploring options and making choices	•	•	Add-On Cards
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						Sporting Fitness Soccer Drills
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	Enrichment Activity: Fitness Trail	172	Exercise	•	•	Fitness Trail Station Signs
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	Enrichment Activity: School Stepping	175	Using a pedometer	•	•	School Stepping
9.1	Health and Fitness Quackery	179	Quackery and passive exercise	•	•	Evaluating Exercise Devices
						Fitness-Related Experts
9.2	Evaluating Health Products	181	Quackery and self-motivated exercise	•	•	Sense and Nonsense
						Evaluating Health and Fitness Information and Services
	Enrichment Activity: Exercise at Home	182	Exercise	•	•	Exercising at Home
10.1	Program Planning	187	Fitness profile	•	•	Developing Your Personal Plan

(continued)



**Activity Finder** (continued)

Activity number	Activity title	Activity page	Concept	Middle school	High school	Reproducible (on CD-ROM)
10.2	Sticking to a Plan	189	Nonactive versus physically active	●	●	Personal Exercise Word Puzzle
						Fitness Review Crossword Puzzle
						Overcoming Barriers
10.3	Evaluating a Physical Activity Program	192	Evaluation	●	●	Reproducibles for this activity are specific to each Self-Assessment or Activity Idea.
	Self-Assessment Idea: Evaluating Your Physical Activity Program	192	Evaluation	●	●	Evaluating Your Physical Activity Program
	Activity Idea: Perform Your Plan	192	Evaluation and change	●	●	Performing Your Plan
	Activity Idea: Your Exercise Circuit	193	Development	●	●	Your Exercise Circuit
	Activity Idea: Your Health and Fitness Club	194	Evaluation	●	●	Your Health and Fitness Club
	Activity Idea: Heart Rate Target Zones	195	Heart rate and aerobic fitness		●	Aerobic Fitness: How Much Activity Is Enough?
	Activity Idea: Sports Stars	196	Exercise	●	●	Sports Stars Program

## PART I

# Introduction



