

ELEMENTARY LEVEL

# *Physical Best Activity Guide*

Includes  
CD-ROM  
with 143  
reproducibles

THIRD EDITION

*PHYSICAL  
BEST* 

**Laura L. Borsdorf  
Lois A. Boeyink**  
Editors



National Association for  
Sport and Physical Education

an association of the American Alliance for Health,  
Physical Education, Recreation and Dance

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THIRD EDITION

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# Physical Best Activity Guide

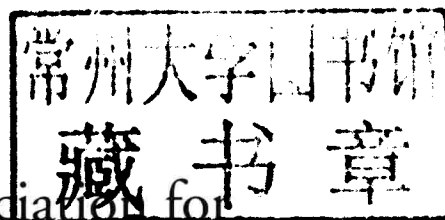
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Elementary Level



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Sport and Physical Education

*an association of the American Alliance for Health,  
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Activity Finder *(continued)*

Activity number	Activity title	Activity page	Concept	Primary	Intermediate	Reproducibles (on CD-ROM)
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						Stretch Activity Worksheet
						Stretch Evaluation Sheet

(continued)

## x Activity and Reproducibles Finder

### Activity Finder *(continued)*

Activity number	Activity title	Activity page	Concept	Primary	Intermediate	Reproducibles (on CD-ROM)
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Activity number	Activity title	Activity page	Concept	Primary	Intermediate	Reproducibles (on CD-ROM)
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2	14	Principles of training	Principles of Training Poster
2	17	FITT guidelines	FITT Guidelines
2	20	Goals	Goal-Setting Worksheet
3	29	Aerobic fitness	Becoming Your Physical Best: Aerobic Fitness Newsletter
4	78	Muscular strength and endurance	Becoming Your Physical Best: Muscular Strength and Endurance Newsletter
5	130	Flexibility	Becoming Your Physical Best: Flexibility Newsletter
6	169	Body composition	Becoming Your Physical Best: Body Composition Newsletter
6	170	Body composition	Physical Activity Pyramid
6	170	Body composition	MyPyramid
8	226	Building blocks of fitness	ABCs of Fitness

# PREFACE

This guide contains information that you need to help kindergarten through fifth 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 maximum time on task.

## ABOUT PHYSICAL BEST

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 children in the knowledge, skills, and attitudes that they need for a healthy and fit life. The goal of the program is to help students move from dependence to independence and responsibility 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 and physical and mental abilities. 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 15,000 professionals in the sport and physical education fields. NASPE, an association of the American Alliance for Health, Physical Education, Recreation and Dance, is 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

New to this edition will be suggestions found within various activities for incorporating special types of equipment such as heart rate monitors, stability balls, and stretch bands. A new chapter titled “Combined-Component Training” has been added to help you integrate all aspects of fitness in activities. Also new to this edition is an appendix which lists Internet resources to use when developing special fitness events.

Above all, the activities are designed to be educational and fun! Packaged with the book is a CD-ROM that contains reproducible charts, posters, and handouts that accompany the activities of the third edition. Editable versions of some of the worksheets have been included.

This book has two companion resources:

- *Physical Education for Lifelong Fitness: The Physical Best Teacher’s Guide, Third Edition* is a comprehensive guide to 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 third edition has streamlined and reorganized many of the chapters; added practical information, a glossary, and resources for physical educators; and updated information and references throughout the text.

- *Physical Best Activity Guide: Middle and High School Levels, Third Edition* is similar in scope to the elementary guide but is geared toward 6th- through 12th-grade students. The information is more in-depth and allows a deeper and richer understanding of the importance of daily physical activity. The middle school and high school level guide contains an additional section focused on personal health and fitness planning. This section provides students with an introduction to the skills needed to be physically active for life after they graduate from high school. Other features for the third edition include the addition of a CD-ROM containing printable materials that supplement the activities, many new activities in each chapter, and the continued inclusion of the activity chapter, titled “Combined-Component Training,” that incorporates multiple health-related fitness components.

## RELATED RESOURCES

During a typical school year, many educators 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 be used in conjunction with the *Physical Best* program. *Fitnessgram/Activitygram*, *Fitness for Life*, and the NASPE products listed in this section are suggested resources to complement *Physical Best*.

### Fitnessgram/Activitygram

*Fitnessgram/Activitygram* (developed by the Cooper Institute) is a comprehensive health-related fitness and activity assessment as well as a 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* is based on a belief that extremely high levels of physical fitness, while admirable, are not necessary to accomplish objectives associated with good health and improved

function. All children need to have adequate levels of activity and fitness. *Fitnessgram/Activitygram* is designed to help all children and youth achieve a level of activity and fitness associated with good health, growth, and function.

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

### Fitness for Life

*Fitness for Life* is a comprehensive K through 12 program designed to promote lifelong healthy lifestyles and associated health-related physical fitness, wellness, and other health benefits. The high school text, *Fitness for Life* (updated 5th ed.), was the first text for secondary personal fitness classes and earned a Texty Award for excellence. *Fitness for Life* has been shown to be effective in promoting physically active behavior after students finish school. *Fitness for Life: Middle School*, also a Texty Award winner, helps middle school students learn concepts of physical activity, fitness, nutrition, and wellness. Both texts are based on NASPE standards and have extensive ancillary packages to make teaching and learning easy and effective.

*Fitness for Life: Elementary School*, designed to be a significant part of the total school wellness program, features plug-and-play video activity routines for use in the classroom and in physical education classes. Guides for classroom teachers and school coordinators, as well as lesson plans for physical educators, are included along with DVD and CD resources. Students are active while learning important physical activity, fitness, and nutrition concepts. More than 28 activity routines and 160 videos containing grade-appropriate activities with nutrition and physical activity messages are included in the *Fitness for Life: Elementary School* program.

Both *Fitness for Life* and *Physical Best* are based on the HELP philosophy, which promotes **H**ealth for **E**veryone with a focus on **L**ifetime activity of a **P**ersonal nature. The two programs complement one another effectively, because the *Physical Best Activity Guides* (all levels) can be used before and after a *Fitness for Life* program, as well as during the program to provide supplemental activities. In fact, the two programs are so compatible that

Physical Best 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).

## Quality Physical Education Resources

- ▶ *Moving Into the Future: National Standards for Physical Education, Second Edition* (2004). Stock No. 304-10275.
- ▶ *PE Metrics: Assessing the National Standards* (2008). Stock No. 304-10458.
- ▶ *Beyond Activities: Learning Experiences to Support the National Physical Education Standards: Elementary Volume* (2003). Stock No. 304-10265.
- ▶ *Beyond Activities: Learning Experiences to Support the National Physical Education Standards: Secondary Volume* (2003). Stock No. 304-10268.
- ▶ *Physical Activity for Children: A Statement of Guidelines for Children Ages 5–12* (2003). Stock No. 204-10276.
- ▶ *Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Five Years* (2009). Stock No. 304-10488.
- ▶ *Active Kids and Academic Performance* (2010). Stock No. 304-10502.

## Appropriate Practice Documents

- ▶ *Appropriate Practices in Movement Programs for Children Ages 3–5* (2009). Stock No. 304-10487.
- ▶ *Appropriate Instructional Practice Guidelines for Elementary School Physical Education* (2009). Stock No. 304-10465.
- ▶ *Appropriate Instructional Practice Guidelines for Middle School Physical Education* (2009). Stock No. 304-10464.
- ▶ *Appropriate Instructional Practice Guidelines for High School Physical Education* (2009). Stock No. 304-10471.

- ▶ *Appropriate Instructional Practice Guidelines for High Education Physical Activity Programs* (2009). Stock No. 304-10489.

## Opportunity to Learn Documents

- ▶ *Opportunity to Learn Standards for Elementary Physical Education* (2009). Stock No. 304-10484.
- ▶ *Opportunity to Learn Standards for Middle Physical Education* (2009). Stock No. 304-10485.
- ▶ *Opportunity to Learn Standards for High School Physical Education* (2009). Stock No. 304-10486.

## Assessment Series

Assorted titles relating to fitness and heart rate.

# PHYSICAL BEST CERTIFICATION

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. It 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, as well as *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide, Third Edition*, and the *Fitnessgram/Activitygram Test Administration Manual*.
- ▶ Use the required resources mentioned earlier to complete an online examination.

For more information, call Physical Best at 800-213-7193.

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