

GRADE 6
FITNESS UNIT

Heart Rate

- What 2 things does the Heart pump throughout the body?
 - Oxygen & Blood
- Does your Heart Rate increase or decrease during exercise?
 - Increase
- What 2 fingers do we use to find our Heart Rate?
 - Index & Middle
- What are 2 locations on the body where we can find our Heart Rate?
 - Neck & Wrist

AGILITY

the ability to shift the body in different directions quickly and efficiently

BALANCE

the ability to control or stabilize your equilibrium while moving (dynamic balance) or staying still (static balance)

COORDINATION

the ability to use your eyes and ears to determine and direct the smooth movement of your body

POWER

the ability of the body to apply a maximum muscular contraction with the quickest possible speed

REACTION TIME

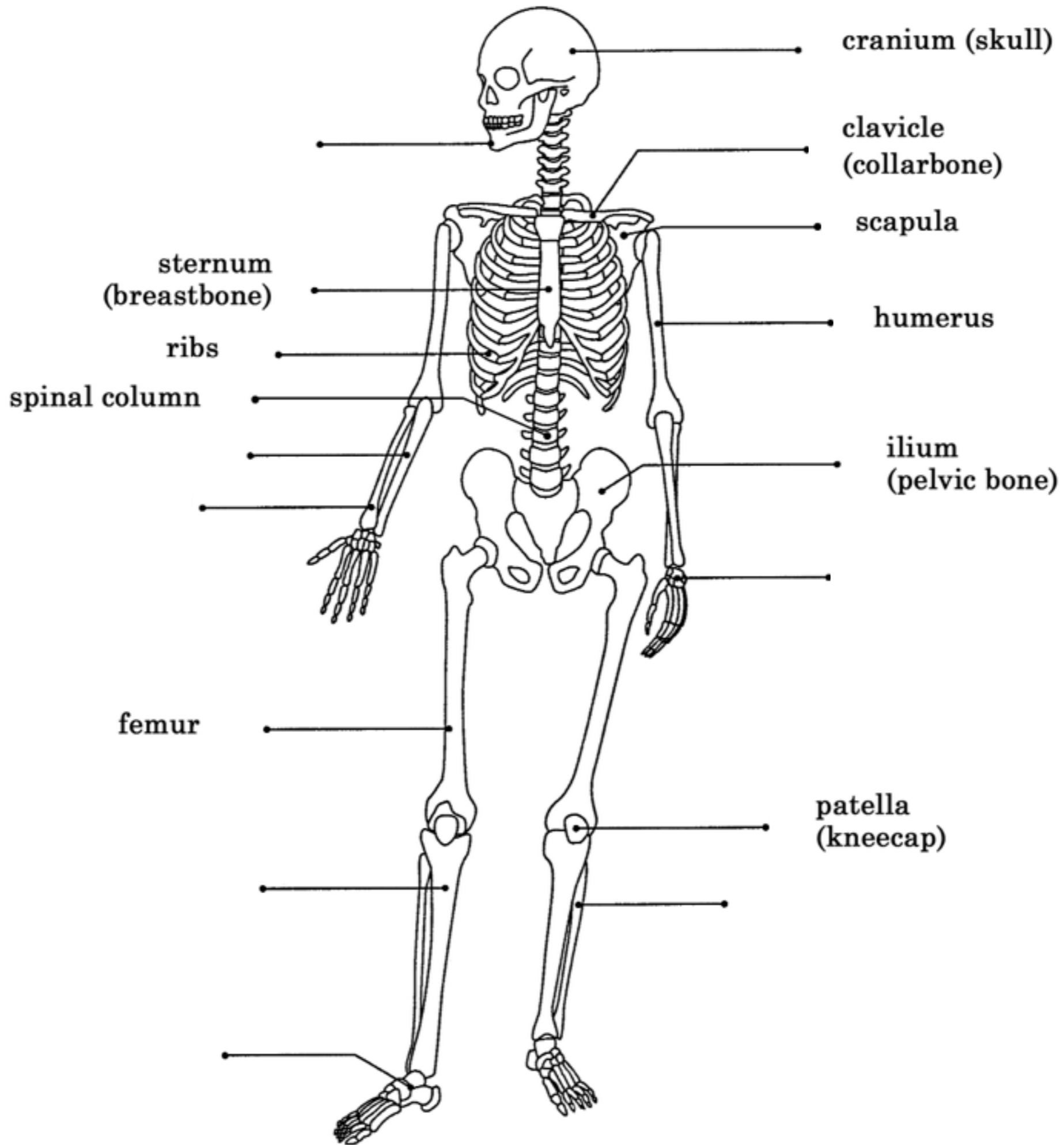
the ability to react or respond
quickly to what you hear, see, or
feel

SPEED

the ability to move your body or parts of your body swiftly

BONE FUNCTIONS:

- **SHAPE**
- **SUPPORT**
- **PROTECT**



IMPORTANCE OF EXERCISE FOR BONES

- **Strong bones need both calcium and weight-bearing physical activity.**
- **Calcium makes bones as strong as steel.**
- **Bones are living tissue.**
- **Weight-bearing physical activity stimulates new bone tissue to form, making bones stronger.**
- **Weight-bearing activity > stronger muscles > muscles pushing and pulling on bones > stronger bones**

EFFECTS OF EXERCISE OR INACTIVITY ON OUR BONES:

- **increased/decreased bone density**
- **increased/decreased bone mass**

Contributes to Bone Development		Does Not Contribute to Bone Development	
milk cheese broccoli yogourt ice cream	rope jumping walking/running dancing playing tennis carrying groceries	doughnut apple bacon carrot cookie	yoga swimming bob-sledding stretching exercises cycling