

PHYSICAL EDUCATION

Teacher's Guide GRADE 7

Lesson 4: PERSONAL FITNESS

Competency: Develop personal fitness

Elements: Use of BMI formula (multiplication and division).

Performance Criteria

recall the keywords for fitness.

Purpose of Activity: To demonstrate an understanding of FITT principles frequency, intensity, time, and type.

Learning Outcomes

By the end of this lesson, students will be able to:

- Understand FITT principles.
- Understand BMI formula.

Resources and Materials

Cards, Measuring Tapes, Weighing Scales, Calculators, Stopwatch, Whistle, BMI Formula, BMI Chart

Teaching trajectories and Implementation Guidelines

Activity 1 - BMI Game

Teacher: Explains what is BMI.

Teacher: Set up stations
(Use measuring tape, weighing scale or use of random data for weight range).

Students: Apply BMI to have an idea of his/her body health index.

Students: Work in pairs to calculate BMI.

Teacher and students: Discuss what BMI means (Emphasising that it's just one health indicator).

- **Frequency:** Number of days per week you practice an activity/sport. Intensity: Perform an exercise or movement at different speed. (walk, jog, sprint in place) and discuss how each feels.
- **Time:** Use a timer for (30 seconds) and (2 minutes) activity.
- **Type:** Try different activities at each station (High Knee, Half Squat, Jumping Jack, Dancing, Tossing a ball).

Activity 2 - FITT Principles

- Teacher: Explains and demonstrate an activity to understand FITT principles.
- Students: Perform the activity.
- Teacher: Asks questions to check for understanding of FITT principles.

Questions on FITT Principles:

- **F** – How many times a week?
- **I** – How do you feel?
- **T** – How much time?
- **T** – What type of activity?