

# PHYSICAL EDUCATION

## Teacher's Guide GRADE 8

### Lesson 4: PERSONAL FITNESS

**Competency:** Competence in Developing Personal Fitness.

**Element:** Show the ability to demonstrate an understanding of the different types of exercises to keep fit.

#### Performance Criteria

To show an understanding of what fitness programme consist of.

**Purpose of Activity:** To Demonstrate an understanding of different fitness exercises in relation to the FITT principles.

#### Learning Outcomes

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

- Understand the different types of fitness exercises.
- Demonstrate at least three fitness exercises.
- Explain the FITT principles with examples

#### Resources and Materials

Cones, Hula hoops, whistle and flash cards.

#### Teaching trajectories and Implementation Guidelines

### Activity 1 - Fitness Drills

- **Teacher:** Divides the class into 5 groups.
- **Students:** Walk or jog around the hula hoops.
- **Students:** Perform the different exercises on the command of the teacher.  
(High Knee, half squat, jumping jack, sit ups, and push ups).

### Activity 2: Understanding the FITT Principles (Circuit Fun)

- Teacher:** Divides the class into 5 stations.
- Teacher:** Allocates 30 seconds per station.
- Students:** Perform each exercise for 30 seconds.
- Students:** Rest for 15 seconds and move to the next station.
- Students:** Perform the next exercise for 30 seconds.  
This continues until he/she completes the cycle.

### Fitness Exercises Cards



**High Knee**



**Jumping Jack**

**Half Squat**

**Sits Ups**

**Push Ups**

**Injury Dressing**

**Gloves**

**Accident Fall**