

Midlakes Secondary Physical Education 7-12

Dear Parents/Students,

For physical education credit in Quarter 4 we will be focusing on the components of physical fitness. Total fitness can be defined by how well the body performs in each one of the components of physical fitness as a whole and are used to gauge our overall fitness level. The 5 components that make up total fitness are:

Cardiovascular Endurance - the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads. Examples would be jogging, cycling and swimming.

Muscular Strength - the amount of force a muscle can produce. Examples would be the bench press, leg press or bicep curl.

Muscular endurance - the ability of the muscles to perform continuous without fatiguing. Examples would be cycling, step machines and elliptical machines.

Flexibility - the ability of each joint to move through the available range of motion for a specific joint. Examples would be stretching individual muscles or the ability to perform certain functional movements such as the lunge.

Body Composition - the amount of fat mass compared to lean muscle mass, bone and organs.

Every 2 weeks we will focus on one of the components and **you will be required to participate in and log activity** that focuses on that fitness component – 1 submission will be required every two weeks on Schoology, where you will record your 5 days of activity. All PE classes 7-12 will be using Schoology to track submissions. Please check regularly for all PE updates, requirements, and assignments. Ideas and workout options will be posted on Schoology and you can also follow us on: Instagram: @Midlakes_PE Facebook: Midlakes Athletics Twitter: @MrSandersPE

Fitness Log Due Dates:

May 1 – Cardiovascular Endurance (4/20-5/1)

May 15 – Muscular Strength (5/4-5/15)

May 29 – Muscular Endurance (5/18-5/29)

June 12 – Flexibility (6/1-6/12)

If you are currently on a medical that would not allow you to participate in physical activity, please email your teacher for an alternative assignment.

Again, this is an opportunity to try something new in regard to your health and wellness. Be curious about an activity. Do the best you can. There are many physical and mental health benefits when doing physical activity, so use this time to enhance your health. If you have any questions, please email your physical education teacher. We will get back to you ASAP.

Be well!

The Midlakes Secondary Physical Education Staff

MAIN METHOD OF COMMUNICATION IS SCHOOLGY!

Middle School PE 7-8

jmaher@midlakes.org

mhowell@midlakes.org

jhauber@midlakes.org (Aquatics)

High School PE 9-12

ksanders@midlakes.org (PE & Fitness & Cond.)

lpietrocarlo@midlakes.org (PE & Yoga)

bsullivan@midlakes.org (PE & Advanced PE)