

Give it a try!

Collaborative work

1 [B1-B2] Work in pairs. Jot down a few notes on:

- what you think physical fitness is;
- what it refers to;
- which benefits it has on a person's mental and body health;
- which skills can be considered when talking of physical fitness.

For any words you don't know, look them up in a dictionary.

Check your notes with another pair of students. All together, choose the best answers to be handed in to the teacher.

2 [B1-B2] Cloze: fill in the blanks with the appropriate word from the box.

kind • components • efficiently • emotional • recreation • upon • matter • fitness • degree • needs • within • mental • demands • tasks • which • interdependent • amount • meet

Fitness is the ability to [1] _____ the [2] _____ of a physical task.

The American Alliance for Health, Physical Education, [3] _____ and Dance (AAHPERD) defines [4] _____ as that state which characterizes the [5] _____ to which a person is able to function [6] _____. It implies the ability of each person to live most effectively [7] _____ their potentialities. Ability to function depends [8] _____ the physical, [9] _____, [10] _____, social, moral and spiritual [11] _____ of fitness, all of [12] _____ are related to each other and are mutually [13] _____.

Physical fitness is an individual [14] _____ and as such it must be viewed in relation to the specific [15] _____ of each person. The [16] _____ of activity required by a person in performing daily [17] _____ will determine the kind and [18] _____ of physical fitness that is necessary.

3 [B1-B2] Match the vocabulary (1-10) to the correct definition (a-j).

- | | |
|---|---|
| 1 <input type="checkbox"/> Agility | a is the time needed to initiate a response to a specific stimulus. |
| 2 <input type="checkbox"/> Balance | b is the functional capacity of the joints to move through a full range of movement. |
| 3 <input type="checkbox"/> Cardiovascular endurance | c is the quickness with which one is able to move one's body from one point to another. |
| 4 <input type="checkbox"/> Coordination | d is the ability to maintain the equilibrium of the body. |
| 5 <input type="checkbox"/> Flexibility | e is the ability to exert a maximal contraction in one explosive act. |
| 6 <input type="checkbox"/> Muscular endurance | f is the ability to persist in strenuous tasks involving large muscle groups over long periods of time. |
| 7 <input type="checkbox"/> Power | g is the ability of the muscles to apply force repeatedly or to sustain a contraction for a long time. |
| 8 <input type="checkbox"/> Reaction time | h is the ability to change position accurately and quickly while moving rapidly. |
| 9 <input type="checkbox"/> Speed | i is the maximal one-effort force that can be exerted against a resistance. |
| 10 <input type="checkbox"/> Strength | j is the integration of separate abilities into the smooth execution of a task. |

4 [B1-B2] Work in pairs. Give the best possible definition of:

aerobic work:

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anaerobic work:

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Critical thinking

1 [B1-B2] Work in pairs. Which kind of training primarily involves aerobic and which anaerobic work: long-duration competitions, short-duration competitions?

[B1-B2] Which of the following activities belongs in which kind of training: half marathon, race walking, 60-100-200 metres track running, 5000-10000 metres road running, marathon?

AEROBIC WORK	ANAEROBIC WORK
<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
<ul style="list-style-type: none"> • 	

[B1-B2] Think of:

- a low-intensity cardio and long-duration training;
- a high-intensity cardio and short-duration training.

2 [B1-B2] What is WHO? If you don't know already, you can check on the Internet.

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3 [B1-B2] Cloze: fill in the blanks with the appropriate word from the box.

most • improves • health • various • from • factors • development • performance •
 increase • benefits • capacity • programme • critical

There are two areas of physical fitness:

- [1] _____-related fitness, which refers to factors that relate to the [2] _____ of health and [3] _____ the functional [4] _____ of the _____ body. Its basic components are cardiovascular endurance, strength, muscular endurance, flexibility and body composition. It [5] _____ the health [6] _____ that may result [7] _____ regular participation in a good exercise [8] _____.
- [9] _____-related fitness, which refers to [10] _____ that are [11] _____ to skillful performance in [12] _____ physical activities. The [13] _____ important factors when skill is considered are speed, reaction time, agility, power, balance and coordination.

4 [B1-B2] Work in pairs. Jot down a few notes on:

balance:

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the factors that can influence it:

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For any words you don't know, look up in a dictionary.
 Check your notes with another pair of students. All together, choose the best answers to be handed in to the teacher.