

A publication of Fitness for Youth

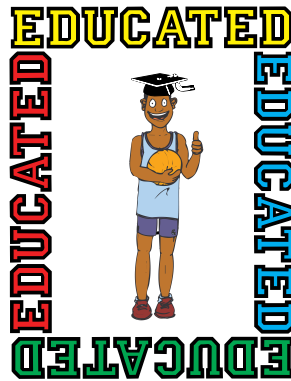
## Begin With the End in Mind

(Part 1 of a 3-part series)

We've noted in previous issues that physical activity is a *proven* health issue. We determined that maximizing physical activity doesn't happen without quality physical education. But what exactly is quality physical education?

In this 3-part series, the characteristics of a quality physical education program will be examined. First, however, we must see our final destination. With optimum resources (time, personnel and facilities), *the physically educated person:*

1. *is safety-equipped.* That is, drown-proofed, aware of how to lift objects and carry self to avoid injuries. The physically educated graduate uses exercise to prevent certain diseases, anxiety, depression and low back pain.
2. *experiences fitness as a child and an adult.* Cardiovascular endurance, flexibility, muscle



strength and endurance and body composition are established and developed and good balance is maintained.

3. *learns the activity-related personal-social skills* of cooperation, sportsmanship, following directions, best effort, compassion and respect for others and property. These characteristics are valuable in nearly every area of life.

4. *has basic fundamental skills* that serve as the vocabulary for learning the sports, games and activities of the culture. This includes running, hopping, skipping, catching, throwing and striking.

5. *is proficient in at least two team and two lifetime sports.*

This, then, is our vision. Next month, we'll explore steps to help us reach this goal.

### SOMETHING TO PONDER

## Classify? Oh My! (Just Try)

It's tough to suggest activities for improving health when the aerobic levels of any particular sport activity differs from setting to setting and person to person. For example, playing table tennis with a friend may not burn many calories. But, Olympic table tennis players sweat it out with shots of up to 100 mph.

Try to categorize the following. Mark sedentary activities (s), recreational (r) and fitness (f).

golf with cart  
skate  
sail  
canoe

badminton  
hockey  
garden  
shovel

volleyball  
pleasure swim  
frisbee  
bowling

