

Grade 8

Health & Physical Education

Unit 15

Let us develop health
related fitness.

**Let us develop
health related
fitness**



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Introduction

Fitness is the ability to do physical activities successfully.

- Fitness is divided into two categories:
 1. Skill related
 2. Health related.

Health related fitness

Health-related physical fitness factors are the factors that directly effect your health.



Health related physical fitness factors

1. Cardiovascular endurance
2. Muscular endurance
3. Muscular Strength
4. Flexibility
5. Body composition

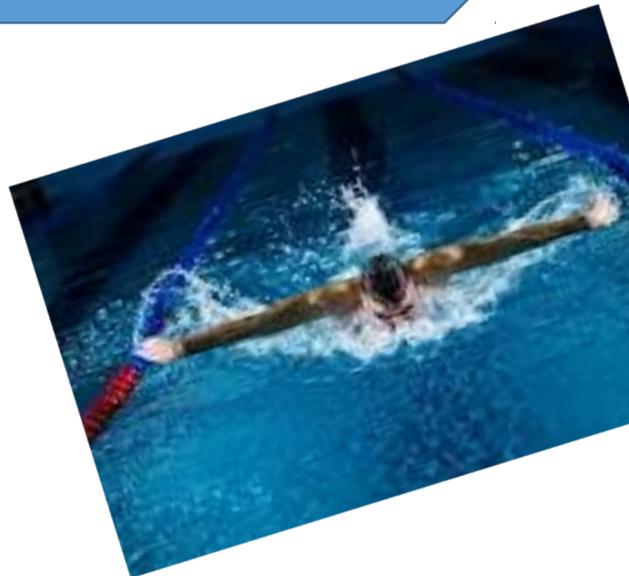


Cardiovascular endurance

- ❑ This is the endurance of the heart and lungs.
- ❑ Good cardiovascular endurance is the ability of the heart and respiratory system to function properly and provide more oxygen to the muscles.

Exercise to develop cardiovascular endurance

1. Walking Fast (Brisk walking)
2. Riding bicycle
3. Jogging
4. Swimming
5. Aerobics



Benefits of developing Cardiovascular endurance

- The distribution and usage of oxygen become efficient.
- The wastes produced in the muscles will be excreted quickly.
- Can do more work without getting tired.
- Can be better at sports.
- Can lead a happy life.
- Excess fat will be burnt and you can control your body weight.



Muscular endurance

- ❑ Muscular endurance is the ability of the muscles to work for a long time without being fatigued.(Tired)

Exercises to develop muscular endurance

- 1.Mountain climbing
- 2.Running on sand
- 3.Climbing stairs
- 4.Using exercise machines(with weight)
- 5.Playing football and badminton
- 6.Gardening for a long time.



Benefits of developing Muscular endurance

- ❑ Can work for a long time without exhaustion
- ❑ Can work without being tired
- ❑ Better at sports

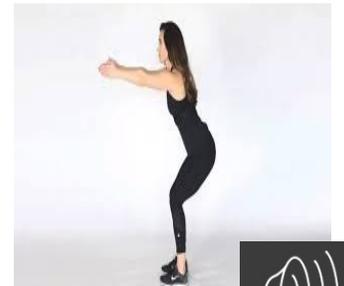


Muscular strength

- ❑ Muscular strength is the amount of energy that can be generated by the muscles in order to fulfill a task.

Exercises to develop muscular strength

1. Jumps
 2. Push-ups
 3. Half squat
 4. performing weightlifting under professional supervision
 5. Using weightlifting machines
 6. Pushing heavy equipment, drawing water from well, pushing wheelbarrow with a weight
- These exercises are suitable for the children above the age of 17 years.



Benefits of developing muscular strength

1. Development of muscles and blood vessels.
2. Blood supply to the muscles increases
3. Muscular activities increase.
4. Muscles can generate more energy
5. A good figure due to well defined muscles
6. Development of sports skills



Flexibility

- Flexibility is the ability to move or stretch

through the joints. Exercises to develop flexibility

- Stretching exercises
- Gymnastics
- Yoga
- dancing
- Swimming



Benefits of developing flexibility

- Minimize joint pain
- Joints will be efficient
- Correct posture
- Balance
- Develop sports skills



Body composition

Body composition is the components which make up the body such as water, protein, minerals, fats..etc

The composition of the body can be divided into two main components.

- Fat components**
- Non fat components**

Fat components : The adipose tissue that is stored in the body.

Non fat Components : The muscles, bones, skin , and water in the body



Exercises to maintain correct body composition

- Eat a balanced diet according to your age and level of activity
- Eat less sugar, fat & salt
- Engage in household work briskly
- Engage in exercise for 30 minutes daily
- Work manually without the use of machinery in daily activities



Benefits of having an optimum body composition

- ❑ Can maintain the body mass index(BMI)
- ❑ Due to low amount of fat, easy to manage the body and engage in activities are easier
- ❑ Prevent non-communicable diseases
- ❑ Body can function more efficiently and can engage in activities more efficiently.
- ❑ Effective mobility of joints and prone to less stress



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