

Physical Best: Physical Education for Lifelong Fitness and Health

Muscle FITT Bingo

Levels

- Middle school
- High school

NATIONAL STANDARDS FOR K-12 PHYSICAL EDUCATION

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

NATIONAL HEALTH EDUCATION STANDARDS

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Learning Objective

Students will complete fitness exercises and match the exercises with the muscles they work.

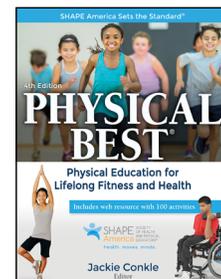
Health-Related Fitness Components

- Muscular strength
- Muscular endurance

Fitness Concept

Specificity

Lesson excerpted from *Physical Best: Physical Education for Lifelong Fitness and Health* by Jackie Conkle



2019

Book with online resources, activities and ancillaries.

376 pages

PUBLISHER:
Human Kinetics Publishers

PRINT:
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SHAPE America Sets the Standard™

For more than 130 years, SHAPE America has been setting the standard for effective health and physical education.

Our National Standards for K–12 Physical Education serve as the foundation for PE programs across the country, and our advocacy efforts have led to legislative victories for the health and physical education profession.

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Equipment

- Resistance bands with various levels of resistance, one per student (allowing student choice per individual fitness level)
- Mats for floor work
- Pencils, one per student or group

Reproducible

Muscle FITT Bingo Cards

Duration

One class period

Setup

Cut out numerous copies of the names of the muscles from the Muscle FITT Bingo Cards for each group to pull out of a hat or container.

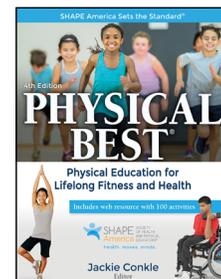
Introduction of Concepts

- Introduce the difference between exercises that isolate muscles and exercises that engage a major muscle group or complementary muscle group.
- Review complementary muscle groups.

Directions

1. Lead an appropriate warm-up for the entire class.
2. Give each student or small group a Muscle FITT Bingo Card.
3. A muscle name is drawn out of a hat, and students try to find the exercise on the bingo card that will work the selected muscle.
4. When a match is found, students mark the spot on their card and perform the activity for 30 seconds.
5. Continue pulling muscle names until bingo (FITT) is called, or until all squares on the card are marked or covered.
6. Lead an appropriate cool-down for the entire class.

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Closure

Bring students together to review the muscle groups trained during this lesson.

Assessment

- Instead of listing exercises on the Muscle FITT Bingo Cards, list muscle names. When a muscle is called, students write an appropriate exercise in the box for that muscle.
- After students have indicated an appropriate activity for each muscle, they can develop a program to follow.

Teaching Tips

Ensure that students know how to safely complete all of the exercises included on the bingo cards before they perform them.

Variation

Use blank bingo cards to create your own version of the game by adding new exercises as you teach them.

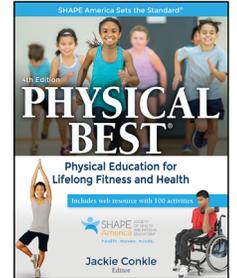
Adaptation and Inclusion

Students can work with partners or use supplemental materials provided by the teacher.

Home Extension

Ask students to create their own Muscle FITT Bingo Cards that include exercises they can do at home.

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