icon laptop wrap reads Components of fitness and fitness testing

## Teaching notes

### How to use this resource

This resource, *Components of fitness and fitness testing*, was designed to support the Digital Education Revolution – NSW (DER-NSW) program. The resources and tasks are aimed at supporting student use of digital technologies in both online and offline classroom environments.

This resource is old and not responsive but contains great content and has been updated in 2017 to ensure links are up to date.

This laptop wrap is designed to give students the opportunity to learn about the different components of fitness and how they are measured. Through completing the tasks, students will deepen their practical understanding of fitness testing and how the components of fitness relate to specific sports or physical activities.

### Explore

In *Laptop wrap: Components of fitness and fitness testing*, students explore a range of sites to find out more about the components of fitness and the different types of fitness tests. These sites include: [topendsports](http://www.topendsports.com/testing/index.htm), [Sports fitness advisor](https://www.sport-fitness-advisor.com/physical-fitness-tests.html) and [thefitmap](http://www.thefitmap.co.uk/exercise/tests/index.htm).

### Your tasks

#### Task 1

Students use the information from the websites they explored to complete a summary of the components and fitness and their related fitness tests. In their summary they need to include:

* a description of each of the health and skill related components of fitness;
* an outline of the tests which assess each component of fitness; and
* some physical activities which relate to each component of fitness.

#### Task 2

Students are asked to create a quiz on the components and fitness and fitness testing. Students can present the quiz using Google forms or Microsoft Forms. Information on how to use these tools is linked within the resource. Students are asked to include a variety of question styles (eg. multiple choice, true or false, matching, short answer).

#### Task 3

In this task, students identify a suitable fitness test for each component of fitness and record their own footage of the fitness testing procedure. They are provided with some guidelines to consider when recording their fitness tests which include:

* keep them short (no more than 1 minute in length);
* demonstrate the main components/steps in each test;
* get different people to demonstrate different tests;
* practice each test before recording it; and
* write a short script to record as a voice over to describe the fitness test being performed.

**Extension**

For those groups who wish to extend themselves, they are asked to demonstrate how each fitness test relates to a particular sport and include that in their footage.

#### Task 4

Using the information they have gathered and the fitness tests they have recorded, students now create a guide to fitness testing. They can choose one of a number of different presentation methods from the following: [Prezi](http://prezi.com/), Microsoft PowerPoint, [Adobe Presenter](http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/tools4u_present/index.htm?Signature=(8cc964b8-671a-45e8-b34d-d8a2a906a3e1)) and [Adobe Premiere Elements](http://lrrpublic.cli.det.nsw.edu.au/lrrSecure/Sites/Web/tools4u_premiere_elements_7/index.htm?Signature=(a86d28fc-1b33-4e03-b2e9-71990f424b7e)).

**Extension**

As an extension activity,students are asked to include in their presentation an explanation of how fitness testing can be used to identify weak areas in someone's fitness and identify strategies to improve in these areas, using examples from a specific sport or physical activity.