

## Skills Worksheet

**Decision-Making Skills****Lesson: Testing Your Fitness**

Read the following situation. Then, follow the steps below to decide what you would do in this situation.

During a health fair at your school, you had the opportunity to test your fitness. Some of the tests were fun, like testing how much weight you could lift. Then, the school nurse used a skinfold caliper to measure your body fat. She frowned as she calculated your body mass index. She told you that your BMI was beyond the healthy range for a person your age. She suggested you start an exercise program or join an after school sports team. That night when you told your parents, they said everybody was built differently and you shouldn't worry. They also said that if you didn't want to exercise, you didn't have to.

**1. Identify the problem.** What decision do you have to make?

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**2. Consider your values.** What is most important to you in this situation?

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**3. List the options.** What possible actions could you take?

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**4. Weigh the consequences.** List the pros and cons of each option.

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**5. Decide and act.** Describe what you will do. Explain your decision.

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**6. Evaluate your choice.** How do you feel about the action you took?

Did you make a good decision? Would you take a different action if faced with the same scenario again?

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**Enrichment Activity** *continued***Lesson: The Benefits of Exercise**

On the Internet or in a book from the library, do research to identify at least three exercises that strengthen particular muscles, such as the abdominals and the muscles of the upper arm. Make note of how each exercise is to be performed and what muscles it strengthens. Then, using this knowledge and your imagination, create an action figure who is especially strong in these areas. Draw one or more frames of a comic strip showing the figure in a difficult situation and using the muscles to escape from it. In the final frames, have the figure explain what exercises he or she did, what muscles were involved, and how those exercises helped in the escape. Post the comic strip in your classroom to share it with others.

**Lesson: Testing Your Fitness**

You have read about the five components of physical fitness. You also understand that testing your fitness is important. In this activity, you will teach what you have learned to a younger child. To do this, you will write a paper that explains step-by-step how the younger child can test one of the components of physical fitness.

- Select one the following fitness components: muscular strength, muscular endurance, cardiorespiratory endurance, body composition, and flexibility.
- Determine a simple test that a child age eight or nine can do easily and quickly to test the fitness component you have chosen.
- Complete the test yourself, noting how many steps it takes to do correctly.
- Write detailed instructions for completing this test.

Ask a friend to follow your instructions to determine if your wording is clear and organized. Rewrite any instructions that are unclear or confusing.