

**Freshman year in Physical Education**

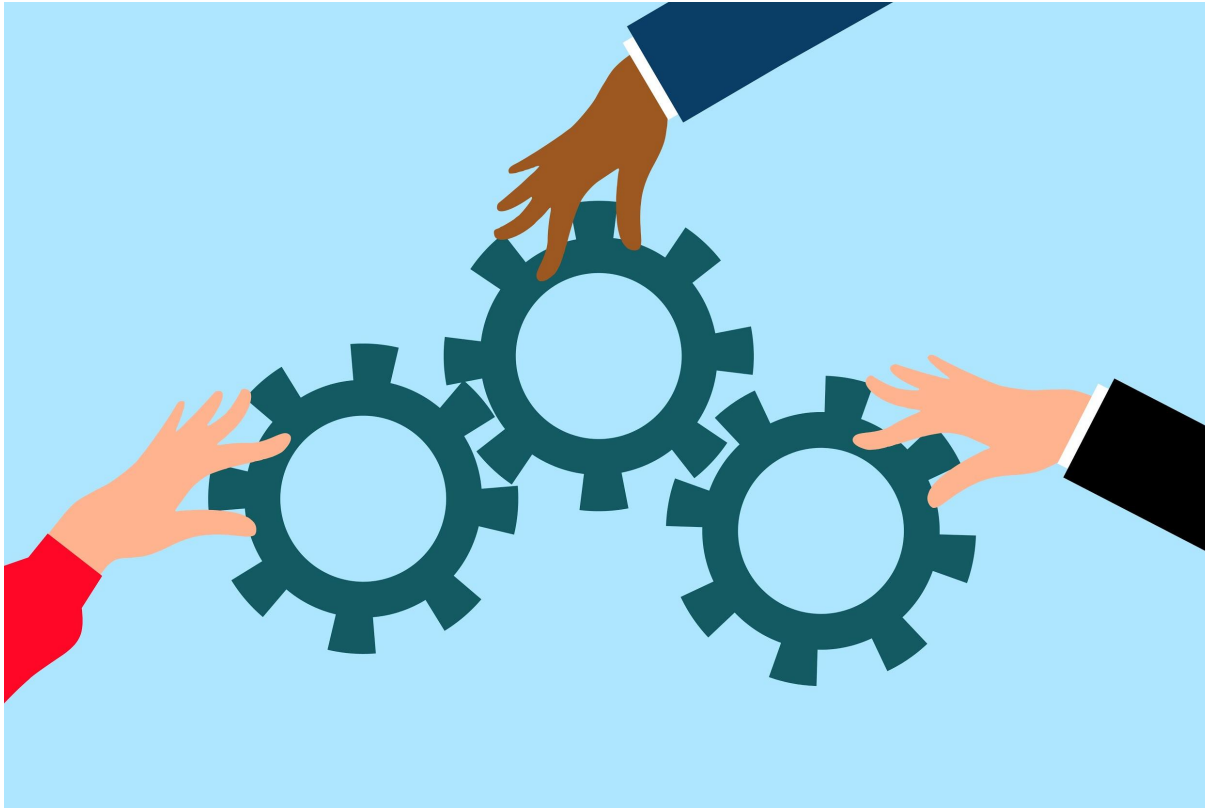
**during**

**Digital Learning**

**at**

**River City High School**

# Learning about each other



# Understanding Fitness

Health related fitness components

Skill related fitness components

FITT Principle

Maintaining activity logs



Flexibility



Reaction Time



Power

Activity Log by Jason K

Activity Log by Veronika Z



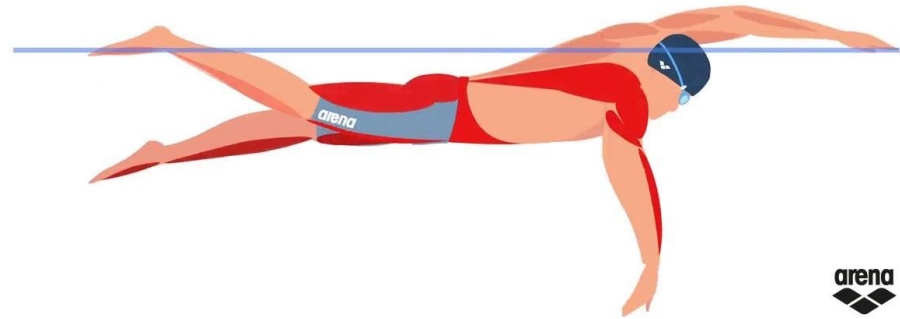
Muscular Strength

# Aquatics

## Water Safety

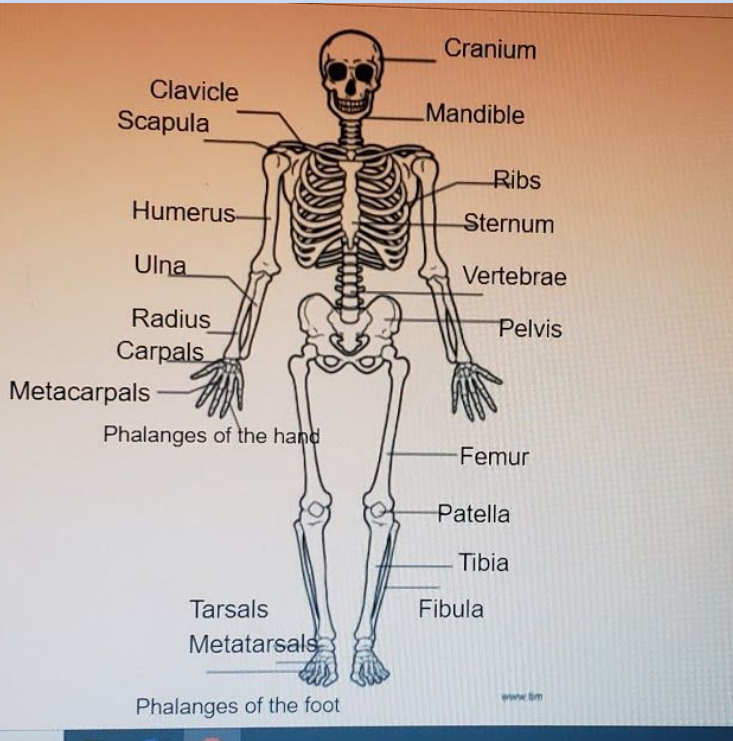


## Swim Strokes



© macchia studio

# The human body



We learned 21 bones

1. Deltoid
2. Bicep
3. Pectoralis major/minor
4. Rectus Abdominus
5. External Obliques
6. Quadriceps
7. Triceps
8. Gluteus Maximus
9. Latissimus Dorsi
10. Trapezius
11. Gastrocnemius
12. Hamstrings
13. Soleus



We learned 13 muscles

# Nutrition

## Daily Calorie Intake

**Step 1 Basal Metabolic Rate:** Number of calories you need each day to maintain basic body functions. Pick one to fill out... either male or female

- Males your weight  X 11=
- Females your weight  X 10=

The answer from step 1 is your **BMR**, and you will use it in Step 2.

**Step 2 Activity Level:**

- **BMR** X activity level =  x  = 
  - **0.2** = if you sit or lie still for most of the day, with little or no exercise.
  - **0.3** = if you walk less than two miles per day.
  - **0.4** = if you are somewhat active, doing activities such as dancing, doing a lot of work in the house or garden, or taking exercise classes.
  - **0.5** = if you're actively involved in a sport or you have a job that requires a great deal of physical labor, such as construction work.
- Only use one of the multipliers and put it in the pink box.

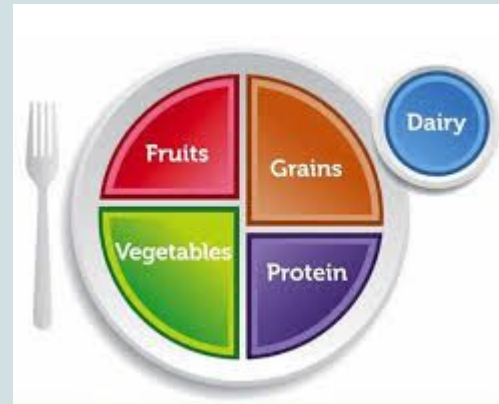
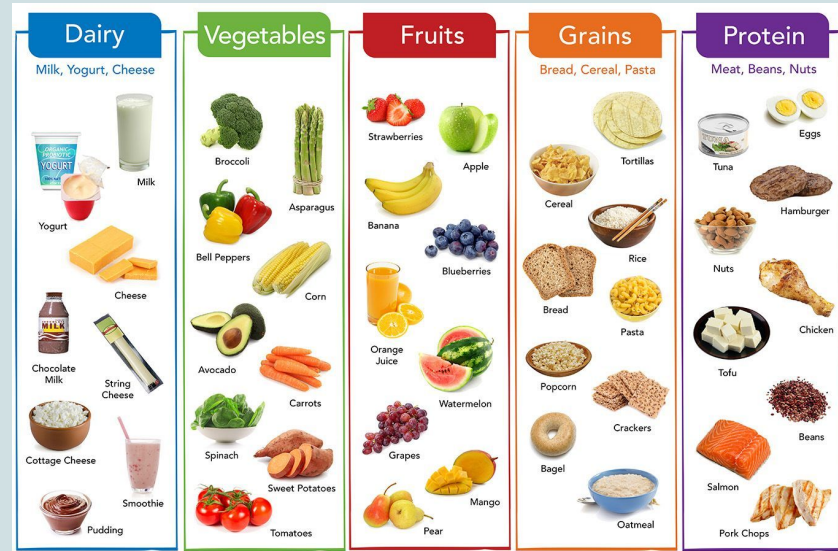
**Step 3 Calories for digestion:**

- **(BMR**  **+ Activity Level**  **) X 0.10=**   
use the yellow from step 1, the purple from step 2 and fill in green box

**Step 4 Total Daily Calories:** needed to support desired weight

- **BMR**  **+ Activity Level**  **+ Digestion**  =

use the yellow from step 1, the purple from step 2, the green from step 3 and fill in the tan box. This is the total number of calories you need each day.





# Personal Safety and Injury Prevention



*Poison*



# Gymnastics

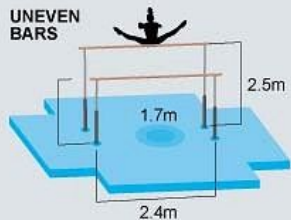
## GYMNASTICS - WOMEN

The four distinct disciplines used in women's artistic gymnastics events at the Olympics.

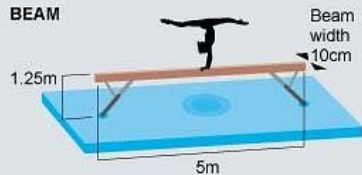
### FLOOR



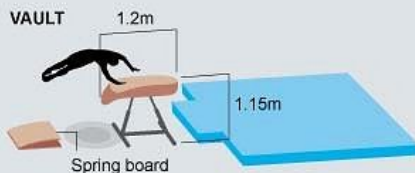
### UNEVEN BARS



### BEAM



### VAULT



## GYMNASTICS - MEN

The six distinct disciplines used in men's artistic gymnastics events at the Olympics.

### POMMEL HORSE

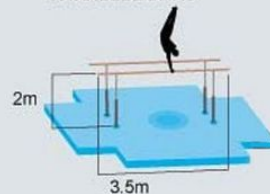


### RINGS

Balance & arm strength



### PARALLEL BARS

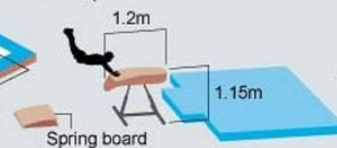


### FLOOR

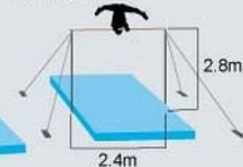


### VAULT

25m run up



### HIGH BAR







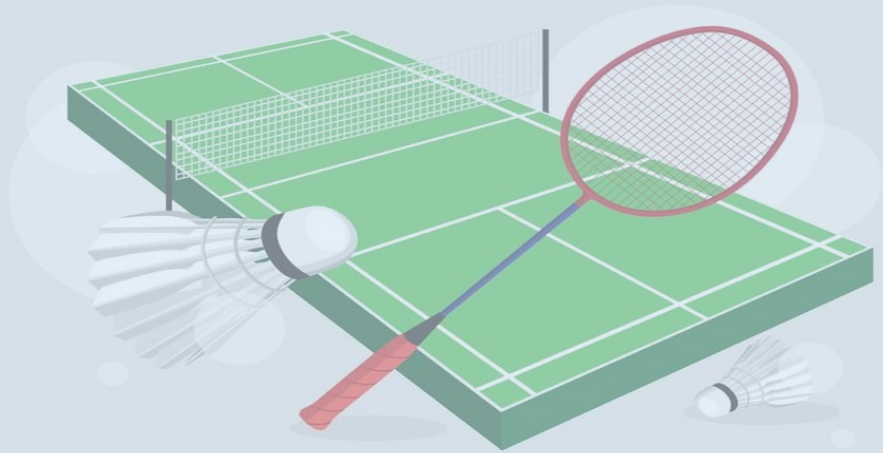
# Line Dance

Create your own dance: By Esteban D.

Ghostbusters Dance: By Jason K.

The Freeze: By Tiya G.

# Badminton



# Tennis

