Physical Education & Fitness Activity Workbook — Grades 6–8

Physical Education & Fitness Activity Workbook for Middle School — Complete Course Practice

Cuaderno de Educación Física y Actividad — 6.º a 8.º grado

Cuaderno de educación física y actividad para escuela intermedia — Práctica completa del curso

Middle School Series / Serie de Educación Intermedia

Physical Education & Fitness / Educación Física y Actividad

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Welcome to your Physical Education & Fitness Activity Workbook! This workbook is designed for middle school students in grades 6–8 to learn fundamental physical fitness concepts, track daily active minutes, practice basic fitness math, and build positive movement habits. It features 6 core units with clear mini-lessons, step-by-step worked examples, guided and independent practice, activity logging tables, mini-quizzes, a comprehensive final exam, a bilingual glossary, and a complete answer key. Use the activity logs week after week to monitor your personal progress and achieve your goals. Always warm up before exercise, drink plenty of water, and stop immediately if you experience pain or dizziness. Your guide in this workbook is **Tingilillo the owl**, who appears in short tips throughout the book.

¡Te damos la bienvenida a tu Cuaderno de Educación Física y Actividad! Este cuaderno está diseñado para estudiantes de 6.º a 8.º grado para aprender conceptos fundamentales de aptitud física, registrar minutos activos diarios, practicar matemáticas básicas de actividad física y desarrollar hábitos de movimiento positivos. Cuenta con 6 unidades principales con mini-lecciones claras, ejemplos resueltos paso a paso, práctica guiada e independiente, tablas de registro de actividad, mini-quizzes, un examen final completo, un glosario bilingüe y una clave de respuestas completa. Utiliza los registros de actividad semana tras semana para monitorear tu progreso personal y alcanzar tus metas. Recuerda siempre calentar antes de hacer ejercicio, tomar suficiente agua y detenerte de inmediato si sientes dolor o mareo. Tu guía en este cuaderno es **Tingilillo el búho**, que aparece en consejos breves en todo el libro.

- **Unit 1: Move Every Day** / Unidad 1: Muévete todos los días
- **Unit 2: Heart Rate and Training Zones** / Unidad 2: Ritmo cardíaco y zonas de entrenamiento
- **Unit 3: Strength, Flexibility and Balance** / Unidad 3: Fuerza, flexibilidad y equilibrio
- **Unit 4: Games, Sports and Teamwork** / Unidad 4: Juegos, deportes y trabajo en equipo
- **Unit 5: My Activity Log** / Unidad 5: Mi registro de actividad
- **Unit 6: My Fitness Plan** / Unidad 6: Mi plan de actividad física

Workbook Structure / Estructura del cuaderno

- **6 Core Units:** Mini-lessons, worked examples, guided practice, independent practice, and unit mini-quizzes.
- **Activity Challenges & Logs:** Structured tables to track personal physical activity across multiple weeks.

- **Evaluation & Mastery:** End-of-unit mini-quizzes and a comprehensive 20-item final exam.
- **Support & Answer Key:** Complete bilingual EN/ES glossary and step-by-step answer key.

This workbook practices real school physical-education content with simple, verifiable math.

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Starter Mini-Lesson: Why We Move / Mini-lección inicial: Por qué nos movemos

Regular physical activity is vital for young people. Moving your body every day strengthens your heart, builds resilient muscles and bones, improves focus in

school, and boosts your mood. Physical activity does not require elite athletic competition; walking to school, riding a bicycle, playing active games with friends, and helping with household chores all count toward your daily movement totals. Establishing consistent movement habits during middle school supports lifelong health and well-being. Always remember to start activities with a gentle warm-up, stay hydrated throughout the day, and listen to your body.

Starter Activity (not graded): **My Movement Week** — list one way you moved each day last week (walk, play, chores, sports) and circle your favorite. / Actividad inicial (sin calificación): **Mi semana en movimiento** — anota una forma en que te moviste cada día de la semana pasada (caminar, jugar, tareas del hogar, deportes) y marca tu favorita.

UNIT 1: Move Every Day

(En español: Unidad 1: Muévete todos los días)

Mini-Lesson

(Mini-lección)

1. **The 60-Minute Daily Guideline:** Health guidelines for children and teenagers recommend engaging in at least 60 minutes (1 hour) of moderate-to-vigorous physical activity every day. This daily target helps keep your heart healthy, improves mood, and supports strong physical development.

2. **Three Categories of Physical Activity:** Balanced physical education includes three primary activity types:

    • Aerobic Activity: Movements that increase heart rate and breathing (e.g., brisk walking, running, swimming, basketball).

    • Muscle-Strengthening Activity: Exercises that build muscular strength (e.g., body-weight squats, push-ups, climbing playground equipment).

    • Bone-Strengthening Activity: Impact activities that promote bone density (e.g., jumping rope, hopping, running).

3. **Tracking and Converting Active Minutes:** Daily movement can be accumulated in smaller bouts throughout the day (for example, 20 minutes at recess + 40 minutes after school = 60 total minutes). To convert accumulated active minutes into hours, divide total minutes by 60 (Total Minutes ÷ 60 = Hours).

Tingilillo's Tip: Movement adds up quickly! You do not have to complete all 60 minutes at once—short active breaks throughout the day count toward your daily goal.

Worked Examples

Example 1