



## LESSON 3

# Physical Fitness

### 📌 WHAT IS PHYSICAL FITNESS?

Physical fitness is a condition that allows the body to effectively cope with the demands of daily activities and still has the energy to enjoy other leisure activities. It refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. Being efficient means doing daily activities with the least effort possible. A fit person is able to perform schoolwork, meet home responsibilities, and still have enough energy to enjoy sport and other leisure activities. It is also a broad term and has many components. It is made up of 11 parts - 6 of them health related and 5 skill related. All of the parts are important to good performance in physical activity, including sports.

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Having good physical fitness is a key part of total fitness.

### What makes physical activity different from exercise?

Physical Activity involves any bodily movement caused by muscular contractions that result in the expenditure of the body. It is usually classified according to its purpose such as occupational, transport-related, household, and recreational. Many people believe that one should engage in sports and exercise to be active, which is misconception. In fact, sports and exercise are just part of the activities that can be classified under recreational physical activity.

Exercise is a planned program of physical activities usually designed to improve physical fitness with the purpose of increasing physical fitness level. It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, improving health and also for enjoyment.

Regular exercise is beneficial to kids as well as adults. There are a lot of health benefits they can get like increased body coordination, stronger muscles and bones and decreased risks of health diseases. It is essential for kids to do physical activities and Physical Education (PE) contributes to their total growth and development.

# Physical Education Phed3

**K Payea**



## **Physical Education Phed3:**

## **Physical Education Phed3** Book Review: Unveiling the Power of Words

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