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Exercise is the source of health and
the secret of longevity.

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WHAT THE UNIT MEAN TO ME – PERSONAL DEFINITIONS TO KEYWORDS

Definition of 'Health': To stay strong and live without pain, ill, etc

Definition of 'Fitness': Doing physical exercises; stay fit

Relationships between the two words: Doing physical and fitness activities and stay fit could effect your health

Keywords in central idea:

Definition of 'factors': reasons; what caused a certain event

Definition of 'effect': changes the way something works

Relationships between the four words: Doing physical and fitness activities are factors that can effect your health

WHAT THE UNIT MEAN TO ME – WHAT DID I LEARN

This unit is very important to me for many reasons. One of the reason is that I gained a 'top secrecy document for health' - the powerpoint. If I wanted to see what I need to improve on and my level, I can test myself whenever I want. There's also exercises in it so when I want to train on anything, I can look at the picture/video on the powerpoint record down my data. Another reason is that I know how to train others now (HA!), if my family number wants to exercise but the weather was bad or of whatever reason, they can exercise at home with high efficiency (the test and the train will maximum take up four minutes). If my friend wants to get trained, we can also train each other. Most importantly, with a unit of training and exercising (probably will continue even though the unit finished), I will become fitter and healthier!

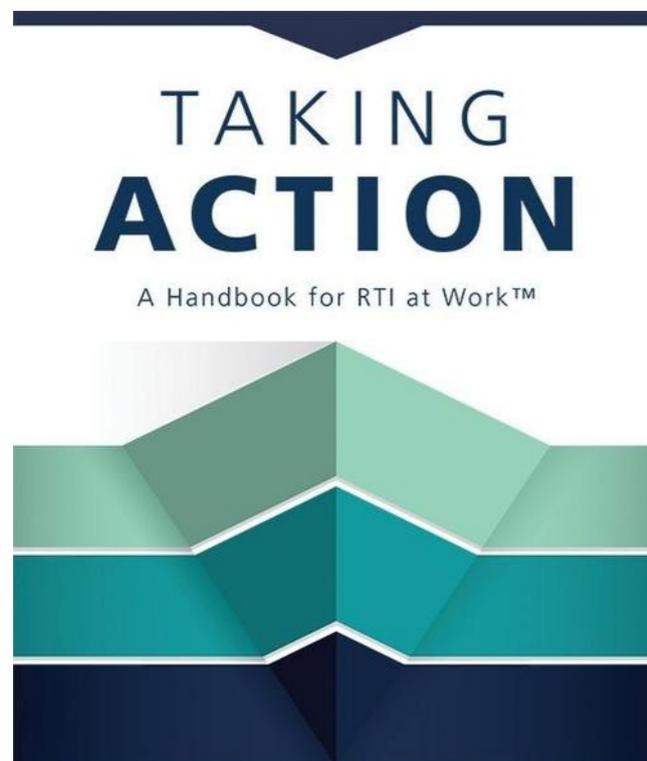
THE USE OF LAPTOPS IN THIS UNIT

There are quite a few uses:

- We need to look at the powerpoint in order to know the training exercises and the rating of our testing. If we ‘threw away’ our laptops, there’s no point of us training others and rating others
- We need to record our data on the computer so that we can remember them forever.
- We need to use our laptops to research about the factors that effects our health in the beginning of the unit to understand more about the unit

TAKING ACTIONS

Taking actions mean that you're not just sitting there finding factors and informations and keeps it to yourself. Taking actions mean that you share your information to others. Holding an activity is just a small part of taking actions. Taking actions could be in many ways, for example: lecturing, sharing your ideas in a small group, actively researching informations and publish stories, etc. Taking actions is extremely important throughout this unit because there's no point of researching for informations. I think the final action (the training day) is very good because it helped the world be fitter and helped the Australia bushfire, so I think it's very useful.



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The amount of exercising

Attitude (joy/depressed)

Nursing system

Medicine taking

Sleep time

Smoking

Drugs taking

Sanitary system taken

BEING THINKERS—THINK OF FACTORS THAT EFFECTS OUR HEALTH

Polluting

Illness

Food eating (healthy diet)

Technology taken (computer, Television, etc)

Wine

Pressure

A good schedule

THE DAY OF TRAINING

On the day of training, we get a trainer T-shirt, a clipboard with five of our warrior fitness trainer's sheet on it, a stopwatch and a pencil. The first class we trained is 5H. I trained Helen. I ran a few laps with her, but I didn't run a whole 800 meters. Later on, when she's doing the plank, push-ups, flexibility test and training activities, I did some of them with her but not all of them. The next class we trained is 1W and I trained my partner Yoyo. The nurse told her that she can't run, so we trained the upper-body muscular, core muscular and the flexibility. We didn't do so much activities but I did write down a few activities for her to do at home. Then, we trained 3I and I trained Jason. He didn't do so well for cardiovascular so I let him do jump rope and he loved it, so the training part turns out pretty good. Next, we trained 2N and I trained Guoguo. He did run very fast and did all of the activities very fast, so we did go through the whole thing pretty fast. At last, we trained 5B and I trained Weiwei. I tried to catch up her but I failed. And she's pretty good at everything. So we didn't train so much (except of doing flexibility stretches). On the day of training, us trainers are pretty tired too!

IMPROVEMENTS

I think that next time, I should work on my heart to heart skills and do the test with them, not just checking their results. I should also check if my things (like stopwatch) is working and look after them (I lost my stopwatch and my pencil several times).





THANK

A watercolor illustration of the word "THANK" in a playful, hand-drawn font. Each letter is a different color and has small dots on it. The letters are surrounded by various colorful floral and leafy elements: a yellow leafy branch on the left, a pink sprig, a yellow flower, a purple tulip, and a blue sprig with berries on the right.



YOU

A watercolor illustration of the word "YOU" in a playful, hand-drawn font. Each letter is a different color and has small dots on it. The letters are surrounded by various colorful floral and leafy elements: a green leafy branch on the left, a blue sprig, a red flower, a yellow leafy branch, and a blue sprig on the right.