



Dreamworld's Healthy Habit Attack

Student Name:

School :.....

Health Related Fitness

MISSION

You have the chance to put on your detective hat and ride the wave of excitement at Dreamworld. Together you and your class mates will be part of the **ACTIVE DREAMWORLD CHALLENGE** and investigate ways in which we can live more healthy lives.

GET INVOLVED, BE ACTIVE AND HAVE FUN!!!

Health Related Fitness



PRE - TRIP EXERCISE

Until roughly 100 years ago, people lived more active lives. People had to walk or ride horses to get to where they needed to go. How things have changed! Today we sit down a lot!!! We watch television, ride in the car, we order home delivery pizza and there are a lot more jobs available that require us to sit down for long periods of time.

Obesity has increased as a result of today's lifestyle. On one hand, some people are replacing exercise in the streets and schools with home computers and video games, while on the other, families have deserted wholesome home cooked meals for snacks and fast foods.

FACT: 25% of Australian children are overweight.

FACT: 40% of Australian children are inactive.

FACT: Australian children on average watch 2 hours of television per day; this equates to **one full month** per year spent watching television.

David Crawford (2007) Children Living in Active Neighbourhoods, Centre for Physical Activity and Nutrition Research Annual Report, Deakin University

WE WANT TO HELP COMBAT THIS ISSUE AND WITH YOUR HELP WE CAN MAKE A START!!!

1) In our quest to become healthier citizens and enjoy a healthy lifestyle we will look at the areas that we need to develop to enjoy a healthy lifestyle: **Health-Related Fitness** has four components. Find the definition for the following terms.

- aerobic capacity _____

- flexibility _____

- muscular strength /endurance _____

- body composition _____

- 2) We are constantly told that it is important to exercise and that health-related fitness is good for us. In each box illustrate or write a sentence on the benefits of regular physical activity using the prompts provided.

Physical Health – Your Body	Social Health - Friendships
Mental Health – Your Mind	Physical Health – Your Body

- 3) What lifestyle choices in today's society make it important for people to include health-related fitness activity into their daily lives?

- 4) We don't just have to play organised sport to improve our health-related fitness. List as many non-competitive sport activities that would increase health-related fitness?

- 5) True or false – which of the following activities you think burns more kilojoules?

- | | |
|--|--------------|
| a) Walking to school with your friends for 30 mins burns more kilojoules than competing in a 50m Freestyle swimming race | TRUE / FALSE |
| b) Skipping with a rope for 10mins burns more kilojoules than washing or waxing a car for 60mins | TRUE / FALSE |
| c) Cycling with your friends on the weekend for 1hr burns more kilojoules than competing in a 100m running race | TRUE / FALSE |
| d) Playing a game of softball burns more kilojoules than rollerblading for 1hr | TRUE / FALSE |

6) Brainstorm reasons why people participate or avoid participating in physical activity.

7) Find the Fitness related words below in the puzzle and colour them in. Can you find them all?



FITNESS MANIA – WORD FIND



I	R	A	L	U	C	S	U	M	W	H	P	F	U	N
N	A	E	N	I	T	U	O	R	R	O	L	O	O	T
D	L	R	O	W	R	E	T	A	W	E	T	I	H	W
S	U	O	B	O	O	T	T	E	X	G	T	E	E	X
D	C	B	E	R	R	R	R	I	C	A	A	C	S	S
A	S	I	N	A	O	I	B	I	N	L	N	T	I	A
R	A	C	E	F	D	I	B	I	T	A	R	Y	C	F
U	V	H	F	A	L	O	D	H	L	E	Y	T	R	E
C	O	E	I	I	R	R	N	A	N	R	I	I	E	T
E	I	D	T	E	O	F	B	G	E	V	G	S	X	Y
C	D	Y	A	O	W	N	T	V	I	I	L	N	E	T
C	R	N	C	E	M	H	O	T	L	U	L	E	U	I
A	A	E	Y	R	A	C	Y	B	P	E	E	T	E	L
U	C	T	D	D	E	C	N	A	R	U	D	N	E	I
N	N	F	T	R	R	U	T	R	A	I	N	I	N	G
E	S	P	E	E	D	F	I	T	N	E	S	S	W	A

- | | | | | | |
|----------------|--------------|-----------|-----------|-----------------|------------|
| Activity | Aerobic | Agility | Anaerobic | Balance | Benefit |
| Cardiovascular | Coordination | Endurance | Exercise | Effort | Dreamworld |
| Fitness | Flexibility | Fun | Health | Heart | Intensity |
| Lung | Muscular | Power | Pulse | Recovery | Routine |
| Safety | Speed | Strength | Training | WhiteWaterWorld | |

TRIP PREPARATION STRIDE LENGTH = _____

Students measure their normal walking stride length i.e. 1m per stride in preparation for their visit.

To work out your stride measurement measure out a 20m line. Walk normally; counting how many steps you have taken. Then divide 20 by the number of steps taken. That is your stride length.

FACT

The amount of exercise it takes to burn off food treats depends on a number of things; the kilojoules contained in the food, the exercise undertaken and the intensity, and finally your body weight (heavier bodies burn more kilojoules).

If we look at some of the most popular food available today, we can see just how much medium to moderate exercise is required to burn off the calories consumed.

Food	Serving	Energy (kJ)	Distance (Meters)
Cola Flavoured Soda	1 can (375mL)	680	2707
Milk	1 glass (250ml)	690	2747
Chocolate	1 medium block (150g)	3320	13219
Soft bread	2 thick slices(72g)	740	2946
Orange juice	1 bottle (300ml)	550	2190
Waffle cone with ice cream	ice cream 1 vanilla	880	3504
Fruit smoothie	1 regular (650ml)	1850	7366
Fresh fruit salad	2 cups (410g)	790	3150

Toby Heap (2005) Diet and Exercise: getting the right balance, Mikibo Pty Ltd

3) **Tower of Tower (TOT) Stair Challenge**

Did you know if you run 30 minutes per day, the same workout intensity could be achieved with 15 minutes of stair climbing? Stair climbing especially builds muscle mass in the legs, including the quadriceps and calves. It is an aerobic activity as it works the cardio-vascular lung package.

- a) Throughout your day in the park you will have to climb up many stairs especially as you travel through the queue line at the TOT. How many steps do you have to climb on the Tower of Terror ride?

- b) Name the major muscles groups that you used to climb the Tower of Terror?

- c) List some of the health benefits of climbing stairs?

Did you know?

A person that weighs 50kg will burn 700 kilojoules after 35mins of moderate stair climbing. That's only enough to burn the kilojoules in one can of Cola!

- 4) Stuck in a queue? No worries! Here are some fitness exercises you can do to pass the time and increase your fitness. Did you know that you can complete 20 lunges in 5mins in the Wipeout queue line? How many can you do?

CHALLENGE YOUR FRIENDS – RECORD YOUR RESULTS

Fun Fitness Exercise	Ride	Total Completed	Time Taken
Hand rail push ups			
Hand rail dips			
Lunges			
Squats			
Step ups			



EXTENSION ACTIVITY

- 1) a) Besides exercise, can you think of other times when your heart rate increases?

b) Dreamworld is home to some of the fastest and tallest thrill rides in the world! One example is the fastest vertical thrill ride in the world, **The Giant Drop**, an intense 120m free fall that is sure to get your heart racing. Each time you go on one of the BIG 6 thrill rides or another of our heart-racing rides, record your pulse before and after the ride.

Your one-minute pulse count is called your heart rate, which is the number of times your heart beats in one minute

Ride	Pulse reading pre-ride	Pulse reading post-ride	Calculated Changes
Wipe Out	70bpm	100bpm	30bpm

- c) Does your heart rate increase more rapidly after going on the ride?

 **POST-TRIP EXERCISE**

- 1) Calculate how far you walked during your visit to Dreamworld. Did the results surprise you? Explain why.

- 2) Do you think visiting Dreamworld regularly would improve your fitness? Why/Why not?
