EO CX04.02 – PARTICIPATE IN ACTIVITIES THAT REINFORCE THE THREE COMPONENTS OF PHYSICAL FITNESS

1. **Performance**: Participate in Activities that Reinforce the Three Components of Physical Fitness

2. **Conditions**:

    a. Given:

        (1) Activity equipment,

        (2) Supervision, and

        (3) Assistance as required.

    b. Denied: Nil.

    c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard**: The cadet shall participate in activities that reinforce the three components of fitness, to include:

    a. cardiovascular activities,

    b. muscular strength activities, and

    c. muscular flexibility activities.

4. **Teaching Points**:

    a. Have the cadets participate in a warm-up session, composed of light cardiovascular exercises and stretches.

    b. Have the cadets participate in fun physical activities that reinforce the three components of fitness, to include:

        (1) cardiovascular endurance,

        (2) muscular strength, and

        (3) muscular flexibility.

    c. Have the cadets participate in a cool-down.

5. **Time**: One session (3 periods) = 90 min.

6. **Substantiation**: A practical activity was chosen for this lesson as it is a fun and interactive way to stimulate interest in the three components of physical fitness.

7. **Reference**: Panicucci, J. (2008). *Achieving Fitness: An Adventure Activity Guide*. Beverly, MA: Project Adventure, Inc.

8. **Training Aids**: As per activities selected.

9. **Learning Aids**: As per activities selected.

10. **Test Details**: Nil.

11. **Remarks**: Nil.

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