



# Fitness Components

A 6-Week Unit Plan for Workout Producer

DURATION

**6 Weeks**

YEAR LEVEL

**7 – 10**

FOCUS

**5 Components**

BUILT BY **CONNECTEDPE**



## Unit Overview

Explore the five health-related fitness components through workout video creation, performance, and assessment.

### DURATION

6 Weeks

### LESSONS PER WEEK

2–3

### YEAR LEVEL

7–10

### APP REQUIREMENT

Workout  
Producer

### Unit Rationale

Understanding the five health-related fitness components is foundational to physical education. This unit goes beyond textbook definitions — students **experience** each component by designing targeted workouts, **demonstrate** their understanding by recording exercises with correct form, and **prove** their knowledge through the app's built-in Assessment Mode.

By creating polished workout videos, students engage with fitness concepts at a deeper level while building practical skills they can use for lifelong health and fitness.

### The Five Health-Related Fitness Components

Cardiovascular  
Endurance

Muscular  
Strength

Muscular  
Endurance

Flexibility

Body  
Composition

### Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Define and distinguish between the five health-related fitness components
- ✓ Identify which fitness components specific exercises target
- ✓ Select appropriate exercises to design component-specific workouts
- ✓ Demonstrate correct exercise technique through recorded video performances
- ✓ Classify exercises by their primary fitness components and target muscle groups
- ✓ Analyse a complete workout for its fitness component balance
- ✓ Create and export a polished workout video using Workout Producer

#### APP INTEGRATION

Students use **Creator Mode** throughout the unit to explore fitness components with on-screen guidance, then switch to **Assessment Mode** in Weeks 5–6 to prove independent understanding.



## Scope & Sequence

A week-by-week overview of the unit's progression from introduction to final assessment.

WEEK	THEME	KEY ACTIVITIES	APP MODE
1	What Makes You Fit? <i>Introduction &amp; Cardio</i>	Define 5 components; identify cardio exercises; build first Cardio workout in app	Creator Mode — learn the interface with guided fitness info
2	Strength & Power <i>Muscular Strength</i>	Explore strength exercises; discuss load, reps, sets; create a Strength workout	Creator Mode — observe strength tags and muscle group overlays
3	Keep Going <i>Muscular Endurance</i>	Compare strength vs endurance; high-rep circuit design; record an Endurance workout	Creator Mode — compare how the app tags endurance vs strength
4	Bend Don't Break <i>Flexibility &amp; Body Composition</i>	Flexibility stations; body composition discussion; create a Warm Up / Cool Down workout	Creator Mode — explore flexibility-tagged exercises and templates
5	The Complete Workout <i>Integrated Design</i>	Design a balanced workout hitting all 5 components; peer review; refine and record	Creator Mode → switch to Assessment Mode for practice run
6	Prove It <i>Assessment &amp; Export</i>	Final workout in Assessment Mode; export videos; class showcase and reflection	Assessment Mode — students identify components and muscles independently



### Assessment Progression

**Weeks 1–4:** Formative — students explore with Creator Mode (fitness info displayed automatically).

**Week 5:** Transitional — students practise Assessment Mode with peer support.

**Week 6:** Summative — students complete Assessment Mode independently, scores recorded.

## Equipment & Resources Needed

### Technology

- iPads or iPhones with Workout Producer installed (1 per pair minimum)
- Tripod or tablet stand for stable recording
- Headphones (optional, for background music selection)

### Physical Equipment

- Open gym/hall space for recording
- Yoga mats for flexibility exercises
- Light dumbbells or resistance bands (optional)
- Cones and markers for cardio stations



# Weekly Lesson Plans

Detailed activities, app integration points, and teaching notes for each week.

## 1

### What Makes You Fit?

Introduction to Fitness Components · Cardiovascular Endurance Focus

#### LEARNING INTENTIONS

- Define the five health-related fitness components and give a real-world example of each
- Identify exercises that primarily target cardiovascular endurance
- Navigate Workout Producer and build a simple cardio workout in Creator Mode

#### LESSON SEQUENCE (2–3 LESSONS)

##### Lesson 1 — The Big Five

- Whole-class brainstorm: "What does it mean to be fit?" — collect ideas on board
- Introduce the 5 components with everyday examples (e.g., running for a bus = cardio, carrying groceries = muscular strength)
- Students sort 20 exercise cards into component categories in small groups
- Debrief: some exercises span multiple components — introduce the concept of primary vs secondary

##### Lesson 2 — Cardio in Action

- Students perform a cardio circuit: Star Jumps, High Knee Running, Mountain Climbers, Burpees (5 stations, 40s on / 20s off)
- After each station, students note which muscles felt worked and rate their heart rate response
- Introduce Workout Producer: open app, explore the exercise library, filter by "Cardio"

##### Lesson 3 — First Workout Video

- In pairs, students build a 4–6 exercise Cardio workout in Creator Mode
- Choose exercises from the library, set 30-second durations, and record each exercise
- Review the coaching cues shown on screen — discuss how the app tags each exercise
- Save workout (no need to export yet)

#### APP TIP

Use the **HIIT template** as a starting point — it pre-selects high-intensity cardio exercises that students can modify. Point out the fitness component tags (Cardio ❤️) that appear under each exercise.

#### SUGGESTED EXERCISES

★ Burpees

★ Star Jumps

★ High Knee Running

★ Mountain Climbers

★ Skipping

★ Shuttle Runs

**LEARNING INTENTIONS**

- Explain what muscular strength is and how it differs from muscular endurance
- Identify exercises and muscle groups associated with strength development
- Design and record a strength-focused workout using Workout Producer

**LESSON SEQUENCE (2–3 LESSONS)****Lesson 1 — Strength Foundations**






- Discussion: "What's the difference between being strong and having endurance?"
- Introduce key muscle groups: Quads, Hamstrings, Chest, Shoulders, Core, Biceps, Triceps, Glutes
- Students perform strength exercises (Push Ups, Squats, Lunges) and identify which muscles are working
- Compare in the app: how does Workout Producer tag these exercises vs the cardio ones from Week 1?

**Lesson 2 — Build a Strength Workout**

- Students design a Full Body strength workout targeting at least 4 different muscle groups
- Use Creator Mode — pay attention to the muscle group tags shown for each exercise
- Record demonstrations with proper form; use coaching cues on screen as prompts

**Lesson 3 — Muscle Map Challenge**

- Pairs swap devices and review each other's strength workout in the app
- Challenge: can they name which muscle groups each exercise targets before looking at the tags?
- Class discussion: how many muscle groups did each workout cover? Any gaps?

**SUGGESTED EXERCISES** Push Ups Squats Lunges Plank Tricep Dips Shoulder Press



# 3

## Keep Going

Muscular Endurance · High-Rep Training & Circuit Design

### LEARNING INTENTIONS

- Differentiate between muscular strength and muscular endurance with specific examples
- Explain how exercise duration and repetitions affect the component being trained
- Design a high-rep endurance circuit and record it in Workout Producer

### LESSON SEQUENCE (2–3 LESSONS)

#### Lesson 1 — Strength vs Endurance

- Practical comparison: 5 heavy push-ups (strength) vs 30 push-ups on knees (endurance) — students discuss which was harder and why
- Key concept: it's the *same exercises* but different training approaches (load/reps/time) that determine the component
- Review how Workout Producer distinguishes Strength vs Endurance tags

#### Lesson 2 — Circuit Builder

- Students design an endurance circuit: 6–8 exercises, 45 seconds each, minimal rest
- Focus on exercises that can sustain high reps: bodyweight movements, core holds, light cardio bursts
- Build in Workout Producer using Creator Mode; record each exercise

#### Lesson 3 — Compare & Contrast


- Students open their Week 2 (Strength) and Week 3 (Endurance) workouts side by side
- Use the app's Workout Analysis summary to compare component breakdowns
- Written reflection: explain one key difference between your two workouts and why

#### TEACHING TIP

The comparison between Weeks 2 and 3 is a powerful learning moment. Students see the same muscle groups appearing in both workouts but with different component tags — reinforcing that *how* you train matters as much as *what* you train.


### SUGGESTED EXERCISES

 Wall Sit

 Plank Hold

 Bodyweight Squats

 Calf Raises

 Flutter Kicks

 Step Ups

**LEARNING INTENTIONS**

- Define flexibility and explain its importance for injury prevention and performance
- Understand body composition as a health-related component and how exercise influences it
- Create a warm-up or cool-down workout using Workout Producer's templates

**LESSON SEQUENCE (2–3 LESSONS)****Lesson 1 — Flexibility Stations**





- Set up 8 flexibility stations (static stretches targeting different muscle groups)
- Students rotate through stations, holding each for 20–30 seconds
- Discussion: when should we stretch? (warm-up vs cool-down, dynamic vs static)
- Open Workout Producer → explore the **Warm Up** and **Cool Down** templates

**Lesson 2 — Body Composition**

- Class discussion: what is body composition? (ratio of lean mass to fat mass)
- Key concept: body composition is influenced by *all* other components — it's the outcome of regular training
- Students map out how each of the other 4 components contributes to healthy body composition
- Discuss why the app doesn't have a "body composition" exercise tag — it's a result, not an activity

**Lesson 3 — Warm Up / Cool Down Video**

- Students create a warm-up OR cool-down workout using the app's templates
- Must include at least 4 flexibility-focused exercises with proper form demonstrations
- Record and review coaching cues; discuss why warm-up and cool-down matter

**SUGGESTED EXERCISES** Hamstring Stretch Quad Stretch Shoulder Stretch Seated Toe Touch Cat-Cow Hip Flexor Lunge



# 5

## The Complete Workout

Integrated Design · Balancing All Five Components

### LEARNING INTENTIONS

- Design a balanced workout that addresses multiple fitness components
- Use the app's Workout Analysis to evaluate component coverage and identify gaps
- Practise Assessment Mode to prepare for the summative task

### LESSON SEQUENCE (2–3 LESSONS)

#### Lesson 1 — Design Challenge

- Brief: "Create a 6–8 exercise workout that covers at least 3 different fitness components"
- Students plan their workout on paper first — listing exercises, target components, and muscle groups
- Build the workout in Creator Mode; review the Workout Analysis summary
- Does the analysis match their plan? Adjust if needed

#### Lesson 2 — Peer Review

- Pairs swap iPads and review each other's workout design
- Peer reviewer uses a structured feedback template: component coverage, exercise selection, form quality
- Students refine based on feedback and re-record any exercises needing improvement

#### Lesson 3 — Assessment Mode Practice

ASSESSMENT PREP

- Students re-do their workout using **Assessment Mode** for the first time
- They must identify fitness components and muscle groups for each exercise without on-screen help
- Review scores — discuss common mistakes and misconceptions as a class
- This is formative: scores don't count yet, but help identify areas for revision

#### ASSESSMENT MODE

In Assessment Mode, the app hides all fitness component and muscle group tags. After recording each exercise, students must select the correct components and muscles themselves. The app scores their answers instantly — giving both student and teacher immediate feedback.

**LEARNING INTENTIONS**

- Independently complete a workout in Assessment Mode, demonstrating knowledge of fitness components and muscle groups
- Export a polished workout video with full workout analysis
- Reflect on learning growth across the unit

**LESSON SEQUENCE (2–3 LESSONS)****Lesson 1 — Revision & Final Design**

- Quick-fire revision: component definitions, key exercises, muscle group matching
- Students finalise their workout plan (new design or refined version of Week 5 workout)
- Must include: minimum 6 exercises, at least 3 fitness components, at least 5 muscle groups

**Lesson 2 — Assessment Recording****SUMMATIVE**

- Students complete their workout in **Assessment Mode** independently
- Record each exercise with correct form
- Identify fitness components and muscle groups for each exercise (scored by app)
- Teacher screenshots or records assessment scores for each student

**Lesson 3 — Export & Showcase**

- Students export their final workout video (choose format: landscape, portrait, or square)
- Add background music and review the Workout Analysis overlay
- Class showcase: watch 3–4 selected videos as a group, discuss strengths
- Individual reflection: "What do you now understand about fitness components that you didn't at the start?"



## Assessment Overview

How student learning is measured across the unit — formative checkpoints and summative evidence.

### Assessment Structure

WEEK	TYPE	TASK	EVIDENCE
1–4	Formative	Weekly workout creation in Creator Mode	Saved workouts in app; teacher observation
3	Formative	Strength vs Endurance written comparison	Written reflection (paragraph or worksheet)
5	Formative	Assessment Mode practice run + peer review	Practice scores; peer feedback sheet
6	<b>Summative</b>	Final workout in Assessment Mode	App assessment scores; exported video with analysis
6	<b>Summative</b>	Individual reflection	Written response demonstrating growth

### Assessment Mode Scoring Rubric

The app automatically scores students' ability to identify fitness components and muscle groups. Use the following rubric to convert app scores into unit grades:

#### Excellent (A)

**App Score: 85–100%**

Correctly identifies all fitness components and nearly all muscle groups. Workout is well-balanced across multiple components with clear rationale for exercise selection.

#### Proficient (B)

**App Score: 70–84%**

Correctly identifies most fitness components and muscle groups. Workout covers at least 3 components with reasonable exercise selection.

#### Developing (C)

**App Score: 50–69%**

Identifies some fitness components correctly but confuses similar ones (e.g., strength vs endurance). Limited muscle group accuracy.

#### Beginning (D)

**App Score: Below 50%**

Struggles to distinguish between components. Muscle group identification is largely inaccurate. Requires significant additional support.

### Holistic Assessment Criteria

In addition to the app's automated scoring, consider these qualitative criteria:

CRITERIA	WHAT TO LOOK FOR	WEIGHTING
<b>Knowledge &amp; Understanding</b>	Assessment Mode score; accuracy of written reflections; verbal explanations during class	40% — Demonstrated through app scores and reflection
<b>Application &amp; Design</b>	Workout balance; logical exercise selection; variety of components targeted	30% — Quality of workout design choices
<b>Performance &amp; Technique</b>	Correct exercise form in recorded videos; confidence and control of movements	20% — Observed in exported video
<b>Reflection &amp; Growth</b>	Depth of written reflection; evidence of improvement from Week 5 practice to Week 6 assessment	10% — Final reflection response



## Differentiation & Extensions

Strategies for supporting all learners and extending capable students.

### ▼ Support Strategies

- **Reduced exercise count** — Allow 4 exercises instead of 6 for the final assessment
- **Visual reference cards** — Provide printed cards showing each component with example exercises
- **Pair work** — Allow struggling students to work in pairs for Weeks 1–5 (individual for Week 6)
- **Creator Mode scaffold** — Let students review their workout in Creator Mode first, then redo in Assessment Mode
- **Simplified muscle groups** — Focus on 4–5 major muscle groups rather than the full list
- **Extended time** — Allow an additional lesson for the final assessment

### ▲ Extension Activities

- **Sport-specific workout** — Design a workout targeting the fitness components most important for a chosen sport
- **Teaching video** — Create a workout that could be used to teach younger students about a specific component
- **Component analysis** — Analyse a professional athlete's training program and identify which components are prioritised
- **Custom exercises** — Add original exercises to the app's library with accurate component and muscle tagging
- **Perfect score challenge** — Aim for 100% in Assessment Mode across all exercises
- **Cross-curricular** — Link to Science (muscular/skeletal systems) or Health (lifestyle factors)

## Quick-Reference: Exercise Library

Suggested exercises mapped to their primary fitness component and target muscle groups. All are available in Workout Producer's built-in library.

EXERCISE	PRIMARY COMPONENT	SECONDARY	KEY MUSCLE GROUPS
Burpees	Cardio	Strength	Full Body, Chest, Quads
Star Jumps	Cardio	Endurance	Full Body, Calves, Shoulders
Mountain Climbers	Cardio	Endurance	Core, Hip Flexors, Shoulders

EXERCISE	PRIMARY COMPONENT	SECONDARY	KEY MUSCLE GROUPS
Push Ups	Strength	Endurance	Chest, Triceps, Shoulders
Squats	Strength	Endurance	Quads, Glutes, Hamstrings
Lunges	Strength	—	Quads, Glutes, Hamstrings
Plank	Endurance	Strength	Core, Shoulders
Wall Sit	Endurance	Strength	Quads, Glutes
Hamstring Stretch	Flexibility	—	Hamstrings
Shoulder Stretch	Flexibility	—	Shoulders, Back
High Knee Running	Cardio	Endurance	Quads, Hip Flexors, Core
Tricep Dips	Strength	—	Triceps, Shoulders, Chest



**Plan it. Perform it.  
Prove you understand it.**

Workout Producer — available on the App Store

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