



# eDynamic Learning Activity

## Fitness Video

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The following activity is part of our 14-day #eDLProjectShare series. The activity is extracted from our high school, [Personal Fitness](#) course, Unit 8: Training for Life.

### Directions:

1. Complete the following activity. Use the rubric located below the activity to assess how you are completing each of the required components.
  2. (Optional): Feel free to share your project progress or the final project with a short video or picture on Twitter or Facebook using the hashtag #eDLProjectShare @eDynamicLearning. \*If you are under 18, you must have your teacher or parent or guardian's permission to post.
  3. (Optional): For teachers and parents looking to use as a graded activity, a rubric worth 15 points is located at the bottom of the activity.
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### Activity: Fitness Video

After studying so many different aspects of personal fitness, it seems fitting to complete an activity that actually involves a bit of fitness and movement!

For this activity, you will be creating a fitness video. Imagine that you are a fitness professional and you have been asked to create a workout video that focuses on an activity of your choosing.

The goal of your video will be to combine different movements and movement patterns in a way that could potentially help improve at least one aspect of a person's personal fitness—strength, flexibility, balance, core strength, or aerobic ability.

### Step 1: Brainstorm

What type of fitness video do you want to create? The options are endless! Here are a few suggestions to get you started:

- Yoga
- Stretching
- Aerobics
- Dance (hip-hop, jazz, ballet, modern)
- Kickboxing

### Step 2: Planning

Once you determine what type of activity you will show in the video, it's time to figure out exactly what you want to do.

Based on the activity you choose, come up with a short routine to teach in the video. Figure out who your target audience is, and make sure that you are giving appropriate instructions and safety precautions based on your target audience.

Also, keep in mind which type of fitness training you are targeting and refer to it in the video at some point.

Your video must be at least five minutes long and should be no longer than ten minutes.

You are welcome to film yourself and take on the starring role in your fitness film, or you may enlist the help of a friend or family member.

### Step 3: Film!

Once you have figured out what you will teach, come up with a loose routine to follow and decide who will be in your video—it's time to shoot! You can use a camera phone, digital camera with video capabilities, or you can even use the camera on your computer if you have one.

If you will be shooting this alone, be sure to set up the camera so that your audience can clearly see and hear you for the entire length of the video.

Remember to speak loudly! You will need to mention several things in the video:

- One health benefit of staying active
- One health benefit specifically based on the activity in your video
- One safety precaution to keep in mind while performing this activity

Your grade will be based on your inclusion of the above information, your ability to demonstrate proficient movement skills in whatever activity you choose, and the clarity and creativity of your video. For further details regarding your grade, please see the rubric below.

If you are not an expert in any type of fitness activity or movement, don't worry! Simply choose something that you enjoy doing! Do a bit of research and watch other fitness videos with similar activities to get some ideas.



**TABLE** Grading rubric: Fitness video

	Excellent	Good	Satisfactory	Needs Improvement
Video Content	<p>Video features an appropriate activity and meets the five-minute time requirement.</p> <p>Student clearly and thoroughly addresses all the required questions from the assignment.</p> <p>Student offers concise and informative content and instructions throughout video.</p>	<p>Video features a mostly appropriate activity and meets the five-minute time requirement.</p> <p>Student addresses all the required questions from the assignment.</p> <p>Student offers decent information and fairly clear instructions throughout video.</p>	<p>Video features a fitness activity but does not meet the five-minute time requirement.</p> <p>Student addresses some of the required questions from the assignment.</p> <p>Student does not offer enough information and instructions are unclear throughout video.</p>	<p>Video features an inappropriate activity and does not meet the five-minute time requirement.</p> <p>Student does not address any of the required questions from the assignment.</p> <p>Student offers little to no information or instructions throughout video.</p>
Movement Proficiency	<p>Student demonstrates proficient movement skills throughout the video.</p> <p>The video features a variety of movement patterns, from simple to complex.</p>	<p>Student demonstrates somewhat proficient movement skills throughout the video.</p> <p>The video features some variety of movement patterns, from simple to complex.</p>	<p>Student demonstrates less than proficient movement skills throughout the video.</p> <p>The video features very few different movement patterns.</p>	<p>Student does not demonstrate proficient movement skills throughout the video.</p> <p>The video offers no variety of movement patterns.</p>
Video Clarity and Creativity	<p>Video is beautifully filmed—visually appealing and easy to see and hear everything perfectly throughout the entire film.</p> <p>Student has used creativity to personalize their video and make it stand out.</p>	<p>Video is filmed well—audio and visual is mostly clear and appealing throughout the film.</p> <p>Student has used some creativity to personalize their video and help it stand out.</p>	<p>Video shows a lack of effort—audio and visual is unclear and makes viewing difficult.</p> <p>Student has used little creativity to personalize their video or help it stand out.</p>	<p>Video is not filmed well. It is very difficult to see and/or hear the film.</p> <p>Student has used no creativity to personalize their video.</p>