

Fitness-6th-8th Grade

| | | | | | | Learning Targets and Activities | | | | | | | | | | | | | | | | | | | |
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| 4 | <ul style="list-style-type: none"> Investigate and defend a decision/plan to continue a fitness workout plan outside of the school day. | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | <p>Demonstrate they have developed the ability to:</p> <ul style="list-style-type: none"> 3A- Designs and implements a program of remediation for any selected fitness areas of weakness based on the results of health-related fitness assessment. (S3.M15.6) 3B- Compares and contrasts health-related and skill related components. (S3.M7.8) 3C- Designs and implements a warm-up and cool-down regimen for a self-selected physical activity. (S3.M12.8) | | | | | <p>3A- I am learning how to use and compare my fitness results. Activities:</p> <ul style="list-style-type: none"> SMART goal sheet/action plan Design a personal fitness plan Implementation of specific fitness plan Fitness Video-DVD/Youtube.com <p>3B- I am learning the difference between skill-related and health-related fitness components by comparing and contrasting different physical activities. Activities:</p> <ul style="list-style-type: none"> Verbalize each component activity Explain differences between the two components Align each exercise to a focus <p>3C- I am learning how to design and implement a warm-up and cool-down regimen for a self-selected physical activity. Activities:</p> <ul style="list-style-type: none"> Create a personal workout plan to put into a portfolio utilizing personal fitness data points Design a quality warm-up/cool-down Have students demonstrate/teach warm-up/cool-down to classmates Videotape warm-up/cool-down | | | | | | | | | | | | | | | | | | | |
| 2 | <p>Demonstrate they have developed the ability to:</p> <ul style="list-style-type: none"> 2A- Completes fitness assessments (pre & post) (S3.E5.4A) 2B- Distinguishes between health-related and skill-related fitness components (S3.M7.7) 2C- Designs a warm-up/cool-down regimen for a self-selected physical activity (S3.M12.7) | | | | | <p>2A- I am learning how to engage in my fitness assessment Activities:</p> <ul style="list-style-type: none"> Stations for assessment one on one with instructor Circuit training <p>2B- I am learning how to identify components of health-related fitness and skill-related components. Activities:</p> <ul style="list-style-type: none"> Demonstrate exercises appropriate to unit and verbalizes the specific component aligned to the exercise. <p>2C- I am learning the important components of a warm-up/cool-down. Activities:</p> <ul style="list-style-type: none"> Journal reflection exit slips | | | | | | | | | | | | | | | | | | | |
| | | <table border="1"> <thead> <tr> <th>Fitness Assessments</th> <td>Curl-ups</td> <td>PACER</td> <td>Push-ups</td> <td>SMART Goal</td> <td>Sit and Reach Shoulder Stretch</td> </tr> </thead> <tbody> <tr> <th>Health Related Components</th> <td>Muscular Strength</td> <td>Cardiorespiratory Endurance</td> <td>Flexibility</td> <td>Muscular Endurance</td> <td>Body Composition</td> </tr> <tr> <th>Skill Related Components</th> <td>Balance</td> <td>Agility</td> <td>Coordination</td> <td>Power</td> <td>Speed/Reaction Time</td> </tr> </tbody> </table> | Fitness Assessments | Curl-ups | PACER | Push-ups | SMART Goal | Sit and Reach Shoulder Stretch | Health Related Components | Muscular Strength | Cardiorespiratory Endurance | Flexibility | Muscular Endurance | Body Composition | Skill Related Components | Balance | Agility | Coordination | Power | Speed/Reaction Time | | | | | |
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