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| **Day** | **Learning Targets** | **Evidence of Learning** | **Activities** | **Assignment(s)/Resources** |
| **1****A****B** | **Learning Target(s):** **3B**-I am learning how to reflect upon my exercise program.**3A-** I am learning how to demonstrate proficiency on my fitness assessments. | **Evidence:**-Visual Observation-Workout sheets-Reflection sheets-Fitness Log | **Activities (Agenda):** -Safety -Routines and Procedures -Warm-up (dynamic stretching)-Pre-Assessment for Fitness Standards-Cool-down-Change | **Assignment(s)/Resources:** -Start thinking about designing a program for someone who lives a sedentary lifestyle.-Fitness Log-Preview-Pre-set Fitness Goals sheet |
| **2****A****B** | -**Learning Target(s):****3A-** I am learning how to demonstrate proficiency on my fitness assessments.**3B**-I am learning how to reflect upon my exercise program. | **Evidence:**-Observation-Workout sheets-Reflection sheets | **Activities (Agenda):**-Safety -Routines and Procedures -Warm-up (dynamic stretching)-Finish Pre-assessment for Fitness Standards-Small group workout-Fitness stations-Cool-down-Change | **Assignment(s)/Resources:**-Start thinking about designing a program for someone who lives a sedentary lifestyle.-Daily workout sheets |
| **3****A****B** | -**Learning Target(s):****3B**-I am learning how to reflect upon my exercise program. **2B-**I am learning how to create a SMART Goal utilizing my current level of fitness skills and knowledge.  | **Evidence:**-SMART Goal-Visual observation-Workout sheets  | **Activities (Agenda):** -Warm-up (dynamic stretching)-Fitness results-SMART Goal creation-Fitness stations-Cool-down-Change | **Assignment(s)/Resources:**-SMART Goal worksheet-Daily workout sheets |
| **4****A****B** | -**Learning Target(s):****2B-**I am learning the difference between skill-related fitness components and health-related fitness components**3B**-I am learning how to reflect upon my exercise regimen/program. **3A**-I can demonstrate proper body position and correct errors in technique in a variety of fitness exercises. | **Evidence:**-Visual observation-Workout sheets-Muscle chart | **Activities (Agenda):**-Warm-up (dynamic stretching)-Small group rotations-determine muscles with group-Upper body fitness- stations-Abdominals and Plank workout-Cool-down T25-Change | **Assignment(s)/Resources:****-**Skill-related fitness components vs. Health-related fitness components worksheet-muscle chart-Daily workout sheets |
| **5****A****B** | **-Learning Target(s):****3A**-I can demonstrate proper body position and correct errors in technique in a variety of fitness exercises.**3B-**I am learning how to I can use the FITT principal to reflect upon my exercise regimen/program.  | **Evidence**-Visual observation-Workout sheets-FITT Principal Exit ticket-Muscle Chart-Lower body checklist | **Activities (Agenda):**-Warm-up (dynamic stretching)-Quick vocab instruction FITT Principal-Small group rotations -Lower body fitness stations-Cool-down Abs/Static Stretch-Change | **Assignment(s)/Resources:****-**Skill-related fitness components vs. Health-related fitness components worksheet-Daily workout sheets-FITT Principal worksheet/reference guide |
| **6****A****B** | **-Learning Target(s):****3A**-I can demonstrate proper body position and correct errors in technique in a variety of fitness exercises.**3B-**I am learning how to I can use the FITT principal to reflect upon my exercise regimen/program.  | **Evidence**-Visual Observation-FITT Principal reflection sheet-exit ticket -Upper body checklist -Design workout | **Activities (Agenda):**-Warm-up (dynamic stretching)-Quick vocab instruction FITT Principal-Small group rotations -Upper body fitness stations-Cool-down Deep Breathing/Static Stretching | **Assignment(s)/Resources:**-Unit Vocabulary Hand out -Review sheet-Daily workout sheets-FITT Principal worksheet/reference guide-Steps to designing your individual workout |
| **7****A****B** | **-Learning Target(s):****3A**-I can demonstrate proper body position and correct errors in technique in a variety of fitness exercises.**3C**- I can apply my current level of skills and knowledge to implement my SMART goal. | **Evidence**-Visual observations-Individual time to design workout plan -Personalized checklist  | **Activities (Agenda):**-Warm-up (dynamic stretching)-Design specific individual workout plan according to specific personal growth opportunities-Upper body fitness stations-Cool-down T25 | **Assignment(s)/Resources:**-Steps to designing your individual workout -Individual work out sheet-Partner design/shuffle |
| **8****A****B** | **-Learning Target(s):****3C**- I can apply my current level of skills and knowledge to implement my SMART goal.**3A**-I am learning how to demonstrate proficiency on my most of the components of our fitness assessments. | **Evidence**-Visual observations-Individual time to design workout plan-Reflection Exit Ticket | **-Activities (Agenda):**-Warm-up (dynamic stretching)-Implement specific individual workout plan according to specific personal growth opportunities -Upper body fitness stations-Cool-down Deep Breathing/Static Stretching | **Assignment(s)/Resources:**-Steps to designing your individual workout -Individual work out sheet-Partner design/shuffle |
| **9****A****B** | **-Learning Target(s)****3C**- I can apply my current level of skills and knowledge to implement my SMART goal.**3A**-I am learning how to demonstrate proficiency on my most of the components of our fitness assessments.-**4A-**I am learning how to develop a solution and design a fitness plan for someone who lives a sedentary lifestyle.**4B-** I am learning how to demonstrate proficiency on all of my fitness assessments. | **Evidence**-Vocab Assessment-Fitness Post assessments-Exit ticket-Reflection form-Visual observation-Conversations | **-Activities (Agenda):**-Warm-up (dynamic stretching)-Implement specific individual workout plan according to specific personal growth opportunities-Individual and group rotations -Lower body fitness stations-Cool-down T25 | **Assignment(s)/Resources**-Unit Vocabulary Review-Level 4 opportunity-Develop a solution and design a fitness plan for someone who lives a sedentary lifestyle.-District Fitness Tiered Assessment |
| **10****A****B** | **- Learning Target(s)****3C**- I can apply my current level of skills and knowledge to implement my SMART goal.**3A**-I am learning how to demonstrate proficiency on my most of the components of our fitness assessments.-**4A-**I am learning how to develop a solution and design a fitness plan for someone who lives a sedentary lifestyle.**4B-** I am learning how to demonstrate proficiency on all of my fitness assessments. | **Evidence**-Vocab Assessment-Fitness Post assessments-Exit ticket-Reflection form-Visual observation-Conversations-District Tiered Assessment | **Activities (Agenda):**-Warm-up (dynamic stretching) -Cardio-Implement specific individual workout plan according to specific personal growth opportunities-Individual and group rotations -Fitness assessments post assessment-Cool-down T25 | **Assignment(s)/Resources**Finish the following/gather evidence:-Unit Vocabulary Review-Level 4 opportunity-Develop a solution and design a fitness plan for someone who lives a sedentary lifestyle.-District Fitness Tiered Assessment |