

Fitness

Overview:

3rd Grade

4 Lessons

18-24 Students per Class

40 Minute Class Period

Course Rationale:

Students participating in a fitness unit will learn the importance of health related components through their mental, physical, and social life. The fitness unit will teach the students the skills necessary to maintain and improve their personal fitness to avoid hereditary factors of their overall health. Students will learn ways to increase the strength of their heart, and muscles as well as stretching appropriately to avoid injuries.

Resources:

Large Gymnasium, 1 Speaker, 1 Pandora Radio, 1 Laptop, 1 Roll of Tape, 24 Jump Ropes, 4 Long Jump Ropes, 24 Noodles, 4 Tall Cones, 8 Two Pound Hand Weights, 4 Two Pound Medicine Balls

(Flag House purchases include: Jump Rope Value Pack, item #W8161, 25 Jump ropes in various lengths- 10- 7', 10- 8', and 5- 9' ropes, \$41.95; Beaded Skip Rope Pack, item #W51, 16' Jump Rope, \$3.95 each, \$15.80 total; Jump Rope Rack, item #W7212, holds up to 100 ropes, \$67.95, Noodle Storage Bin, item #W11848, holds up to 25 noodles, \$94.95; Gym Floor Colored Tape, item #W582, 1" by 60 yards in black, green, orange, red, yellow, or blue, \$5.95; Extra Sturdy 28" Marker Cone, item #W398, Orange with weighted bottoms to avoid wind overturn, \$20.95 each, \$83.80 total; Audio Portable Buddy, item #W18078, 50 watt speaker with microphone and 15' cable for computer, \$439.00; FLAGHOUSE Rubber Medicine Balls, item #W6757, two pound red medicine balls, small for gripping, catching, and holding, \$15.95 each, \$63.80; Soft Grip Hand Weights, item #W39686, easy to hold, vinyl covered, color coded according to weight size, \$8.95 each, \$71.60 total. **Gopher purchases include:** FUNoodles Foam Rods, item 10- 120, 25 various colored foam noodles, \$79.95. **Best Buy purchases include:** Lenovo IdeaPad 14" Touch Screen Laptop, Model: S400- 59385916 SKU: 2282054, Light and portable, installed webcam for assessment use, DVD/ CD reader, Pandora Radio available to install on computer (\$0), \$399.99. Large Gymnasium connected to school building. Total Purchase: \$1,364.74)

Unit Objectives/ Outcomes:

Affective:

1. The students will appreciate the importance of developing the skills of health related fitness in relation to family lifestyles and genes 90 % of the fitness unit. (2.6.4.A.1)
2. The students will have a positive attitude toward learning about fitness through multiple activities 80% of the unit. (2.6.4.A.4)

Cognitive:

1. The students will be able to list the fitness components 100% correctly through verbal assessments taught in the fitness unit. (2.6.4.A.2)

- The students will identify the skills learned to improve the health related fitness components, and respond correctly 80% of the time to differentiate the skills between the fitness components. (2.6.4.A.2)

Psychomotor:

- The students will participate in activities 100% of the fitness unit to build cardiovascular endurance, muscular strength, muscular endurance, and flexibility. (2.6.4.A.2)
- The students will demonstrate fitness components through static and dynamic exercises to increase fitness 10% from pretesting to post testing assessment in the fitness unit. (2.4.6.A.3)

Block Schedule

<p>Day 1</p> <p><u>Introduction</u>- “Hopscotch” Warm up activity for cardiovascular endurance. (5 minutes)</p> <p><u>Content</u>- What is cardiovascular endurance and how does it benefit our body? (6 minutes)</p> <p><u>Procedures</u>- Introduction to jump rope with multiple ropes, at different lengths, speeds, and patterns. Pre test by teacher. (24 minutes)</p> <p><u>Closure/Culminating Experience</u>- Discussion of different ways to jump rope, how to improve heart health, and various exercises to improve cardiovascular endurance, Pre Test by teacher. (5 minutes)</p>	<p>Day 2</p> <p><u>Introduction</u>- “Hokey Pokey” Warm up Activity for muscular endurance. (3 minutes)</p> <p><u>Content</u>- What is muscular endurance and how does it benefit our body? (6 minutes)</p> <p><u>Procedures</u>- Participating in a group dance, and learning different dance moves from one another, and a video performance. Pre test by teacher. (26 minutes)</p> <p><u>Closure/Culminating Experience</u>- Discussion of circuit training, multiple repetitions, and additional exercises to improve muscular strength, Pre test by teacher. (5 minutes)</p>
<p>Day 3</p> <p><u>Introduction</u>- Participating in “G. I. Joe Simon Says” with crunches, pushups, arm curls, and squats. Warm up activity for muscular strength. (5 minutes)</p> <p><u>Content</u>- What is muscular strength and how does it benefit our body? (6 minutes)</p> <p><u>Procedures</u>- Fitness stations and relay races to build stamina for muscular strength. Assessment of attitudes toward physical fitness, Pre test by teacher. (24 minutes)</p> <p><u>Closure/Culminating Experience</u>- Review of skills performed and how they strengthen the muscles, and how to perform those muscles, Post test by teacher. (5 minutes)</p>	<p>Day 4</p> <p><u>Introduction</u>- “Yoga Tag” warm up activity for flexibility. (5 minutes)</p> <p><u>Content</u>- What is flexibility and how does it benefit our body? (5 minutes)</p> <p><u>Procedures</u>- Development of flexibility through the “Inch Worm” activity, and stretching with noodles. Pre test by teacher. (20 minutes)</p> <p><u>Closure/Culminating Experience</u>- Review of health related fitness components, how they help improve our body. Fitness Test assessment by students, Post test assessment by teacher. (10 minutes)</p>

Positive Attitude Assessment

This assessment would be given after the culminating activity in the muscular strength training of the unit. The assessment would measure the student's enjoyment of multiple activities to increase their fitness level.

The students will have a positive attitude toward learning about fitness through multiple activities 80% of the unit. (2.6.4.A.4)

NAMES: _____

Fill out with the partner that you worked with in the stations. Please write both of your names on the line, and hand in 1 (one) paper per group.

1. Did you and your partner enjoy learning different ways to improve your physical fitness?
2. Did you and your partner think of any additional exercises you could use to improve your muscular strength?
3. Do you and your partner understand the definition of muscular strength? Please write your definition of muscular strength.
4. How does muscular strength improve our fitness?
5. Do you and your partner agree that it is important to include exercises in your daily routine to improve your health and your family's health?

Fitness Assessment

NAME: _____

This test would be given at the end of the fitness unit.

The students will identify the skills learned to improve the health related fitness components, and respond correctly 80% of the time to differentiate the skills between the fitness components. (2.6.4.A.2)

1. Would pushups be an example of?
 - A. Healthy heart
 - B. Strong muscles
 - C. Flexible muscles
2. Is running helpful to maintain a healthy heart?
 - A. Yes
 - B. No
3. When we perform multiple exercise in a row, we are building up our?
 - A. Muscular Strength
 - B. Muscular Endurance

4. Reaching for my toes will help build up my?
 - A. Healthy heart
 - B. Strong muscles
 - C. Flexible muscles

5. Running, jumping rope, crunches, and squatting several times in a row will build up my?
 - A. Healthy heart
 - B. Strong muscles
 - C. Flexible muscles
 - D. Use of muscles for a long time
 - E. All of the above

6. Running, swimming, and riding my bike will help build a strong heart.
 - A. True
 - B. False

7. Repeating the same dance moves over and over again will improve my flexibility.
 - A. True
 - B. False

8. Being able to use my muscles for a long time is an example of muscular endurance.
 - A. True
 - B. False

9. Pushups, crunches, and pull-ups will all build up my strong muscles.
 - A. True
 - B. False

10. Cardiovascular endurance, muscular strength, muscular endurance, and flexibility are all part of the health related components.
 - A. True
 - B. False

Pre & Post Test Assessment

Assessment of the students would be done by the teacher during each class that the skill was taught in the fitness unit. The pre test would be assessed during the students learning focus and culminating activities, and the post test would be completed by the teacher at the end of each lesson. The post test would be the assessment of the student's skill improvement during the class period.

The students will participate in activities 100% of the fitness unit to build cardiovascular endurance, muscular strength, muscular endurance, and flexibility. (2.6.4.A.2)

Assessment is to be filled out by teacher while observing the class participating in the learning focus, and culminating activities.

Health Related Component	Activity Assessment	Pre Test (X- Yes, O- No)	Post Test (X- Yes, O- No)
Cardiovascular Endurance	Jump Rope for 15 Seconds Individually		
Muscular Strength	Circuit Training for 30 Seconds (Pushups, Crunches, Squats, Plank, Pull ups)		
Muscular Endurance	Repeat steps from Zumba on the second view of the video		
Flexibility	Perform each stretch for 10 seconds (Bend front, Bend back, Twist right, Twist left, Reach for toes, Reach to sky, Roll neck, Trunk twist, Right arm pull, Left arm pull)		