

Fitness Unit Plan

Overview:

Grade: 5th

Number of Students: 28 – 32

Number of Lessons: 6

Length of Each Lesson: 40 minutes

Rationale:

Students participating in this fitness unit will experiment with different fitness exercises and activities, and compare the benefits of one technique to another. These students will apply previously learned knowledge with new knowledge to construct a highly beneficial fitness program. This unit is designed to enhance the students' awareness of healthy fitness levels, while providing the students with numerous techniques to increase their own level of fitness.

Resources:

Large gymnasium, CD player, WOW Disney Mania- Volume 2 CD, 16 jump ropes, 16 hula hoops, 10 sets light free weights, 30 *Thera-bands*, 5 different size fitness balls, and a "Fitness Tips" worksheet.

Objectives:

Cognitive:

1. Students will identify the different major muscles of the body and provide exercises which help to increase those muscles (NJCCCS 2.6.4.C.6).
2. Students will understand the importance of daily exercise to enhance one's overall level of fitness (NJCCCS 2.6.4.B.1).

Affective:

1. Students will show enthusiasm when performing fitness activities and exercises (NJCCCS 2.6.4.C.5).
2. Students will encourage others to do their best throughout each lesson (NJCCCS 2.5.4.D.1).

Psychomotor:

1. Students will perform various fitness exercises for the upper and lower body (NJCCCS 2.6.4.C.1).
2. Students will engage in physical activities that will increase their heart rate and overall fitness level (NJCCCS 2.6.4.C.1).

Block Schedule:

Day 1	Day 2
<ul style="list-style-type: none"> • <u>Introduction:</u> <i>World's Fastest Tag</i> – Cardio Warm-Up Activity • <u>Content:</u> What is cardiovascular respiration and why is it important? • <u>Procedures:</u> Exploration of different cardiovascular exercises to increase the heart rate. • <u>Closure:</u> Review of cardiovascular respiration and how training affects the body. 	<ul style="list-style-type: none"> • <u>Introduction:</u> <i>Animal Breakout</i> – Cardio Warm-Up Activity (Tag) • <u>Content:</u> Muscles of the Upper Body • <u>Procedures:</u> Use of different muscles in the upper body to perform numerous fitness activities. • <u>Closure:</u> Review of muscles and exercises for the upper body
Day 3	Day 4
<ul style="list-style-type: none"> • <u>Introduction:</u> <i>Sports Aerobics</i> – Cardio Warm-Up (Dance Routine) • <u>Content:</u> Muscles of the Lower Body • <u>Procedures:</u> Use of different muscles in the lower body to perform numerous fitness activities. • <u>Closure:</u> Review of muscles and exercises for the lower body 	<ul style="list-style-type: none"> • <u>Introduction:</u> <i>Strength Warm-Up / Assessment</i> (Push-ups, sit-ups, jumping jacks, calf raises) • <u>Content:</u> Various Fitness Equipment • <u>Procedures:</u> Rotation through stations of fitness equipment (weights, bands, balls, etc) • <u>Closure:</u> Review of fitness equipment and specific uses
Day 5	Day 6
<ul style="list-style-type: none"> • <u>Introduction:</u> Quiz on the muscles of the upper and lower body. • <u>Content:</u> Various Fitness Activities • <u>Procedures:</u> Rotation through stations of fitness activities (jump ropes, hula hoops, etc) • <u>Closure:</u> Review activities covered and their importance for the body 	<ul style="list-style-type: none"> • <u>Introduction:</u> Return and review quizzes – Quick/Basic stretches • <u>Content:</u> Various Fitness Activities • <u>Procedures:</u> Continuation of rotation through various stations of fitness activities • <u>Closure:</u> Review main points of fitness unit and handout “Fitness Tips” worksheets