Instructor: Essie Washington

Course:

Date: February 10-14/25

Period/Section:

# Lesson 4.2: Creating Your Personal Fitness Plan

## Learning Outcomes

SWBAT:

* design and implement a personal fitness plan that includes health-related fitness components.
* create a workout schedule and tracking report, and
* monitor and evaluate progress toward fitness goals.

## Texas Essential Knowledge and Skills (TEKS)

This lesson meets the following TEKS:

* **2A:** Apply procedures to ensure safety.
* **4C:** Recognize and respond to challenges, successes, conflicts, and failures in physical activities in socially appropriate ways.
* **DO NOW: Identify and explain the important first step in starting your fitness journey.**

ACTIVITIES:

1. Warm-Up (5 Minutes)
2. Do Now
3. Stretch/Dynamics (5 Minutes)
4. health-related fitness.
5. skill-related fitness.
6. Basketball, Soccer, Badminton (rules, strategy, technique, social behavior & procedures)
7. Cool Down

* DOL: How does measuring and evaluating your health-related fitness levels help to improve your overall wellness?
* Which health-related fitness components did you develop during today’s workout?
* How does a circuit-training workout enable you to reach your fitness goals?

## Key Terms (in alphabetical order)

* **fitness plan—**a schedule of physical activities and workouts designed to help improve physical well-being.
* **target*—***a goal to be achieved.