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**24-25 Lesson Plan Teacher Subject: Lifetime Fitness and Wellness**

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| **Week of:**  **DATE 8/19-23/2024** | **Monday** | **Tuesday** | **Wed./Thurs.** | **Friday** |
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| **TEKS** | **3D:** Explain the relationship between physical fitness and wellness.  **3E:** Participate in a variety of activities that develop health-related physical fitness.  **3F:** Describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility.  **3K:** Measure and evaluate personal fitness in terms of health-related fitness components. | **3D:** Explain the relationship between physical fitness and wellness.  **3E:** Participate in a variety of activities that develop health-related physical fitness.  **3F:** Describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility.  **3K:** Measure and evaluate personal fitness in terms of health-related fitness components. | **3D:** Explain the relationship between physical fitness and wellness.  **3E:** Participate in a variety of activities that develop health-related physical fitness.  **3F:** Describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility.  **3K:** Measure and evaluate personal fitness in terms of health-related fitness components. | **3D:** Explain the relationship between physical fitness and wellness.  **3E:** Participate in a variety of activities that develop health-related physical fitness.  **3F:** Describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility.  **3K:** Measure and evaluate personal fitness in terms of health-related fitness components. |
| **Learning Objective** | SWBAT • Understand what health related fitness components are included in the FITNESSGRAM.  • Complete the test assessments required by state and other assessments that may help to develop health related fitness/ and physical activity engagement.  • Read and understand what the Healthy Fitness Zone is for each on the FITNESSGRAM assessment  . Identify the benefits and exercises that are associated with cardiorespiratory and muscular endurance, muscular strength, and flexibility.   * Participate in health-related fitness activities to develop cardiorespiratory efficiency, muscular strength, and flexibility. * Explain how developing health-related fitness components can have a positive impact on overall body composition.   • Students will be able to perform the following  1. Curl ups  2. Trunk lifts  3. PACER test  4. Push ups | SWBAT • Understand what health related fitness components are included in the FITNESSGRAM.  • Complete the test assessments required by state and other assessments that may help to develop health related fitness/ and physical activity engagement.  • Read and understand what the Healthy Fitness Zone is for each on the FITNESSGRAM assessment   * Identify the benefits and exercises that are associated with cardiorespiratory and muscular endurance, muscular strength, and flexibility. * Participate in health-related fitness activities to develop cardiorespiratory efficiency, muscular strength, and flexibility. * Explain how developing health-related fitness components can have a positive impact on overall body composition.   • Students will be able to  1. Curl ups  2. Trunk lifts  3. PACER test  4. Push ups | SWBAT • Understand what health related fitness components are included in the FITNESSGRAM.  • Complete the test assessments required by state and other assessments that may help to develop health related fitness/ and physical activity engagement.  • Read and understand what the Healthy Fitness Zone is for each on the FITNESSGRAM assessment   * Identify the benefits and exercises that are associated with cardiorespiratory and muscular endurance, muscular strength, and flexibility. * Participate in health-related fitness activities to develop cardiorespiratory efficiency, muscular strength, and flexibility. * Explain how developing health-related fitness components can have a positive impact on overall body composition.   • Students will be able to  1. Curl ups  2. Trunk lifts  3. PACER test  4. Push ups | SWBAT • Understand what health related fitness components are included in the FITNESSGRAM.  • Complete the test assessments required by state and other assessments that may help to develop health related fitness/ and physical activity engagement.  • Read and understand what the Healthy Fitness Zone is for each on the FITNESSGRAM assessment   * Identify the benefits and exercises that are associated with cardiorespiratory and muscular endurance, muscular strength, and flexibility. * Participate in health-related fitness activities to develop cardiorespiratory efficiency, muscular strength, and flexibility. * Explain how developing health-related fitness components can have a positive impact on overall body composition.   • Students will be able to  1. Curl ups  2. Trunk lifts  3. PACER test  4. Push ups |
| **Higher Order Thinking Questions** | • Why is it important to know a student’s current level of fitness?  • What activities do you enjoy that can be included in your individualized fitness and physical activity program?  • Are you achieving in the Healthy Fitness Zone for each assessment? | What activities promote an improved aerobic capacity?  • What activities develop flexibility?  • What activities can promote muscular endurance? | • What activities can promote muscular endurance?  • What activities can promote muscular strength?  • What information is needed to calculate BMI?  • What is the importance of being physically active? | • How does my health benefit from being physically fit?  • What makes physical activity meaningful? |
| **Agenda** | Warm-Ups (6-8 Minutes)   1. Exercises 2. Dynamics 3. Pre-assessment Fitness Gram 4. Activities: set up testing stations. 5. Present the components of each test chosen for this lesson, emphasized the proper skills. 6. Explain the Fitness Gram healthy zones. 7. Divide class into groups. 8. Begin testing. | Warm-Ups (6-8 Minutes)   1. Exercises 2. Dynamics 3. Pre-assessment Fitness Gram 4. Activities: set up testing stations. 5. Present the components of each test chosen for this lesson, emphasized the proper skills. 6. Explain the Fitness Gram healthy zones. 7. Divide class into groups.   Begin testing. | Warm-Ups (6-8 Minutes)   1. Exercises 2. Dynamics 3. Pre-assessment Fitness Gram 4. Activities: set up testing stations. 5. Present the components of each test chosen for this lesson, emphasized the proper skills. 6. Explain the Fitness Gram healthy zones. 7. Divide class into groups.   Begin testing. | Warm-Ups (6-8 Minutes)   1. Exercises 2. Dynamics 3. Pre-assessment Fitness Gram 4. Activities: set up testing stations. 5. Present the components of each test chosen for this lesson, emphasized the proper skills. 6. Explain the Fitness Gram healthy zones. 7. Divide class into groups.   Begin testing. |
| **Demonstration of Learning** | • Teacher Observation  • Peer and Small group observation  • Calculation sheet-class/home assignment  • Evaluation | • Teacher Observation  • Peer and Small group observation  • Calculation sheet-class/home assignment  • Evaluation | • Teacher Observation  • Peer and Small group observation  • Calculation sheet-class/home assignment  • Evaluation | • Teacher Observation  • Peer and Small group observation  • Calculation sheet-class/home assignment  • Evaluation |
| **Intervention & Extension** | Modification of lesson plans to meet student needs and classroom safety | Modification of lesson plans to meet student needs and classroom safety | Modification of lesson plans to meet student needs and classroom safety | Modification of lesson plans to meet student needs and classroom safety |
| **Resources** |  |  |  |  |