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**24-25 Lesson Plan Template Teacher: YOUR NAME Subject: ENTER SUBJECT**

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| **Week of:**  **DATE** | **Monday** | **Tuesday** | **Wed./Thurs.** | **Friday** |
| **TEKS** | 116.62 Life Fitness and Wellness Pursuit  116.62 (1) B,C | 116.62 Life Fitness and Wellness Pursuit  116.62 (1) B,C | 116.62 Life Fitness and Wellness Pursuit  116.62 (1) B,C | 116.62 Life Fitness and Wellness Pursuit  116.62 (1) B,C |
| **Learning Objective** | The goal of physical fitness is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:  **Students will have learned**  • skills necessary to participate in a variety of physical activities.  • Knows the implications and the benefits of involvement in various types of physical activities.  • Participates regularly in physical activity.  • Become more physically fit.  • Values physical activity and its contributions to a healthful lifestyle. | The goal of physical fitness is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:  **Students will have learned**  • skills necessary to participate in a variety of physical activities.  • Knows the implications and the benefits of involvement in various types of physical activities.  • Participates regularly in physical activity.  • Become more physically fit.  • Values physical activity and its contributions to a healthful lifestyle. | The goal of physical fitness is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:  **Students will have learned**  • skills necessary to participate in a variety of physical activities.  • Knows the implications and the benefits of involvement in various types of physical activities.  • Participates regularly in physical activity.  • Become more physically fit.  • Values physical activity and its contributions to a healthful lifestyle. | The goal of physical fitness is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:  **Students will have learned**  • skills necessary to participate in a variety of physical activities.  • Knows the implications and the benefits of involvement in various types of physical activities.  • Participates regularly in physical activity.  • Become more physically fit.  • Values physical activity and its contributions to a healthful lifestyle. |
| **Higher Order Thinking Questions** | 1. \*\*Analysis\*\*: How do different types of physical fitness training (e.g., strength training, cardiovascular exercise, flexibility training) impact overall health and performance in various sports? Discuss the physiological mechanisms behind these effects.  2. \*\*Evaluation\*\*: Compare and contrast the effectiveness of individual versus group exercise programs in promoting long-term adherence to fitness routines. What factors contribute to success in each approach, and how can these insights inform future fitness program designs?  3. \*\*Creation\*\*: Design a comprehensive fitness program tailored for a specific population (e.g., elderly individuals, athletes, or individuals with disabilities). What considerations will you include to address their unique needs and challenges, and how will you measure the success of this program? | 1. \*\*Analysis\*\*: How do different types of physical fitness training (e.g., strength training, cardiovascular exercise, flexibility training) impact overall health and performance in various sports? Discuss the physiological mechanisms behind these effects.  2. \*\*Evaluation\*\*: Compare and contrast the effectiveness of individual versus group exercise programs in promoting long-term adherence to fitness routines. What factors contribute to success in each approach, and how can these insights inform future fitness program designs?  3. \*\*Creation\*\*: Design a comprehensive fitness program tailored for a specific population (e.g., elderly individuals, athletes, or individuals with disabilities). What considerations will you include to address their unique needs and challenges, and how will you measure the success of this program? | 1. \*\*Analysis\*\*: How do different types of physical fitness training (e.g., strength training, cardiovascular exercise, flexibility training) impact overall health and performance in various sports? Discuss the physiological mechanisms behind these effects.  2. \*\*Evaluation\*\*: Compare and contrast the effectiveness of individual versus group exercise programs in promoting long-term adherence to fitness routines. What factors contribute to success in each approach, and how can these insights inform future fitness program designs?  3. \*\*Creation\*\*: Design a comprehensive fitness program tailored for a specific population (e.g., elderly individuals, athletes, or individuals with disabilities). What considerations will you include to address their unique needs and challenges, and how will you measure the success of this program? | 1. \*\*Analysis\*\*: How do different types of physical fitness training (e.g., strength training, cardiovascular exercise, flexibility training) impact overall health and performance in various sports? Discuss the physiological mechanisms behind these effects.  2. \*\*Evaluation\*\*: Compare and contrast the effectiveness of individual versus group exercise programs in promoting long-term adherence to fitness routines. What factors contribute to success in each approach, and how can these insights inform future fitness program designs?  3. \*\*Creation\*\*: Design a comprehensive fitness program tailored for a specific population (e.g., elderly individuals, athletes, or individuals with disabilities). What considerations will you include to address their unique needs and challenges, and how will you measure the success of this program? |
| **Agenda** | Day 1: Introduction to Fitness Basics  - \*\*Objective\*\*: Understand the importance of physical fitness.  - \*\*Activities\*\*:  - Warm-up: Dynamic stretches (10 minutes)  - Discussion: What is physical fitness? (15 minutes)  - Activity: Circuit training introduction (20 minutes) - stations for jumping jacks, bodyweight squats, and planks.  - Cool down: Static stretches (10 minutes) | Day 2: Cardiovascular Endurance  - \*\*Objective\*\*: Learn about cardiovascular health and endurance exercises.  - \*\*Activities\*\*:  - Warm-up: Jogging in place (10 minutes)  - Education: Benefits of cardiovascular exercise (15 minutes)  - Activity: Group run/walk (20 minutes) - intervals of jogging and walking.  - Cool down: Breathing exercises and stretching (10 minutes) | Day 3: Strength Training Fundamentals  - \*\*Objective\*\*: Introduce basic strength training exercises.  - \*\*Activities\*\*:  - Warm-up: Arm circles and leg swings (10 minutes)  - Education: Importance of strength training (15 minutes)  - Activity: Bodyweight strength training circuit (20 minutes) - push-ups, squats, lunges, and core exercises.  - Cool down: Stretching focusing on major muscle groups (10 minutes) | Day 4/5: Fitness Assessment and Goal Setting  - \*\*Objective\*\*: Assess fitness levels and set personal fitness goals.  - \*\*Activities\*\*:  - Warm-up: Light cardio (10 minutes)  - Assessment: Conduct simple fitness tests (e.g., timed run, push-up test, flexibility test) (20 minutes)  - Discussion: Review results and discuss areas for improvement (15 minutes)  - Activity: Goal-setting session - each student creates a personal fitness plan (15 minutes)  - Cool down: Group stretch and reflection on the week (10 minutes) |
| **Demonstration of Learning** | 1. \*\*Fitness Circuit Completion\*\*: Students can demonstrate their understanding of various exercises by completing a fitness circuit that includes activities such as jumping jacks, squats, push-ups, and lunges. They should show proper form and technique while transitioning between exercises.  2. \*\*Heart Rate Monitoring\*\*: Students can demonstrate how to measure their heart rate before and after a warm-up or cardiovascular exercise. They can explain the significance of heart rate in assessing fitness levels and recovery.  3. \*\*Flexibility Assessment\*\*: Students can perform a series of flexibility exercises, including the sit-and-reach test and shoulder stretches. They should explain the importance of flexibility in physical fitness and how it can prevent injuries.  4. \*\*Basic Strength Training Techniques\*\*: Students can demonstrate proper techniques for basic strength training exercises, such as bodyweight squats, push-ups, and planks. They should articulate the benefits of strength training and the muscle groups targeted by each exercise.  5. \*\*Personal Fitness Goal Presentation\*\*: Each student can present their personal fitness goals created during the goal-setting session. They should explain their motivation for these goals, the steps they plan to take to achieve them, and how they will measure their progress over time.  These demonstrations not only assess students' practical skills but also encourage them to articulate their understanding of key fitness concepts. | 1. \*\*Fitness Circuit Completion\*\*: Students can demonstrate their understanding of various exercises by completing a fitness circuit that includes activities such as jumping jacks, squats, push-ups, and lunges. They should show proper form and technique while transitioning between exercises.  2. \*\*Heart Rate Monitoring\*\*: Students can demonstrate how to measure their heart rate before and after a warm-up or cardiovascular exercise. 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| **Intervention & Extension** | 1. \*\*Individualized Fitness Plans\*\*: Create personalized fitness plans for students who may need additional support or have specific goals. This can include tailored exercises, modified routines, or specific focus areas based on their fitness levels.  2. \*\*Peer Support Groups\*\*: Establish small groups or partnerships where students can motivate and support each other. This can be particularly helpful for those who may feel intimidated or lack confidence in their abilities.  3. \*\*Skill Workshops\*\*: Organize additional workshops focusing on specific skills (e.g., proper breathing techniques, correct form for lifting weights, or advanced stretching techniques) to reinforce learning and build confidence.  4. \*\*Progress Tracking\*\*: Implement a system for students to track their progress, such as a fitness journal or app. This can help them stay accountable and visually see their improvements over time.  5. \*\*Feedback Sessions\*\*: Schedule regular feedback sessions where students can discuss their challenges and successes. This can help them feel supported and encourage them to ask questions or seek advice. | 1. \*\*Individualized Fitness Plans\*\*: Create personalized fitness plans for students who may need additional support or have specific goals. This can include tailored exercises, modified routines, or specific focus areas based on their fitness levels.  2. \*\*Peer Support Groups\*\*: Establish small groups or partnerships where students can motivate and support each other. This can be particularly helpful for those who may feel intimidated or lack confidence in their abilities.  3. \*\*Skill Workshops\*\*: Organize additional workshops focusing on specific skills (e.g., proper breathing techniques, correct form for lifting weights, or advanced stretching techniques) to reinforce learning and build confidence.  4. \*\*Progress Tracking\*\*: Implement a system for students to track their progress, such as a fitness journal or app. This can help them stay accountable and visually see their improvements over time.  5. \*\*Feedback Sessions\*\*: Schedule regular feedback sessions where students can discuss their challenges and successes. This can help them feel supported and encourage them to ask questions or seek advice. | 1. \*\*Individualized Fitness Plans\*\*: Create personalized fitness plans for students who may need additional support or have specific goals. This can include tailored exercises, modified routines, or specific focus areas based on their fitness levels.  2. \*\*Peer Support Groups\*\*: Establish small groups or partnerships where students can motivate and support each other. This can be particularly helpful for those who may feel intimidated or lack confidence in their abilities.  3. \*\*Skill Workshops\*\*: Organize additional workshops focusing on specific skills (e.g., proper breathing techniques, correct form for lifting weights, or advanced stretching techniques) to reinforce learning and build confidence.  4. \*\*Progress Tracking\*\*: Implement a system for students to track their progress, such as a fitness journal or app. This can help them stay accountable and visually see their improvements over time.  5. \*\*Feedback Sessions\*\*: Schedule regular feedback sessions where students can discuss their challenges and successes. This can help them feel supported and encourage them to ask questions or seek advice. | 1. \*\*Individualized Fitness Plans\*\*: Create personalized fitness plans for students who may need additional support or have specific goals. This can include tailored exercises, modified routines, or specific focus areas based on their fitness levels.  2. \*\*Peer Support Groups\*\*: Establish small groups or partnerships where students can motivate and support each other. This can be particularly helpful for those who may feel intimidated or lack confidence in their abilities.  3. \*\*Skill Workshops\*\*: Organize additional workshops focusing on specific skills (e.g., proper breathing techniques, correct form for lifting weights, or advanced stretching techniques) to reinforce learning and build confidence.  4. \*\*Progress Tracking\*\*: Implement a system for students to track their progress, such as a fitness journal or app. This can help them stay accountable and visually see their improvements over time.  5. \*\*Feedback Sessions\*\*: Schedule regular feedback sessions where students can discuss their challenges and successes. This can help them feel supported and encourage them to ask questions or seek advice. |
| **Resources** | 1. \*\*MyFitnessPal\*\*: A comprehensive app for tracking diet and exercise, offering a database of foods and workouts, which helps beginners monitor their progress and set goals.  2. \*\*Fitness Blender\*\*: A website with a wide range of free workout videos for all fitness levels. It includes strength training, cardio, flexibility, and HIIT workouts, along with detailed descriptions and modifications.  3. \*\*YouTube Channels\*\*: Channels like Blogilates, Fitness Marshall, and HASfit provide free workout videos tailored for beginners, covering various styles and durations.  ### Books  4. \*\*"The New Rules of Lifting for Beginners" by Lou Schuler and Alwyn Cosgrove\*\*: This book offers a solid introduction to strength training, including workout plans and nutrition advice tailored for beginners.  5. \*\*"Yoga for Beginners" by Susan A. Smith\*\*: A beginner-friendly guide to yoga, including poses, sequences, and tips for incorporating yoga into a fitness routine. | 1. \*\*MyFitnessPal\*\*: A comprehensive app for tracking diet and exercise, offering a database of foods and workouts, which helps beginners monitor their progress and set goals.  2. \*\*Fitness Blender\*\*: A website with a wide range of free workout videos for all fitness levels. It includes strength training, cardio, flexibility, and HIIT workouts, along with detailed descriptions and modifications.  3. \*\*YouTube Channels\*\*: Channels like Blogilates, Fitness Marshall, and HASfit provide free workout videos tailored for beginners, covering various styles and durations.  ### Books  4. \*\*"The New Rules of Lifting for Beginners" by Lou Schuler and Alwyn Cosgrove\*\*: This book offers a solid introduction to strength training, including workout plans and nutrition advice tailored for beginners.  5. \*\*"Yoga for Beginners" by Susan A. Smith\*\*: A beginner-friendly guide to yoga, including poses, sequences, and tips for incorporating yoga into a fitness routine. | 1. \*\*MyFitnessPal\*\*: A comprehensive app for tracking diet and exercise, offering a database of foods and workouts, which helps beginners monitor their progress and set goals.  2. \*\*Fitness Blender\*\*: A website with a wide range of free workout videos for all fitness levels. It includes strength training, cardio, flexibility, and HIIT workouts, along with detailed descriptions and modifications.  3. \*\*YouTube Channels\*\*: Channels like Blogilates, Fitness Marshall, and HASfit provide free workout videos tailored for beginners, covering various styles and durations.  ### Books  4. \*\*"The New Rules of Lifting for Beginners" by Lou Schuler and Alwyn Cosgrove\*\*: This book offers a solid introduction to strength training, including workout plans and nutrition advice tailored for beginners.  5. \*\*"Yoga for Beginners" by Susan A. Smith\*\*: A beginner-friendly guide to yoga, including poses, sequences, and tips for incorporating yoga into a fitness routine. | 1. \*\*MyFitnessPal\*\*: A comprehensive app for tracking diet and exercise, offering a database of foods and workouts, which helps beginners monitor their progress and set goals.  2. \*\*Fitness Blender\*\*: A website with a wide range of free workout videos for all fitness levels. It includes strength training, cardio, flexibility, and HIIT workouts, along with detailed descriptions and modifications.  3. \*\*YouTube Channels\*\*: Channels like Blogilates, Fitness Marshall, and HASfit provide free workout videos tailored for beginners, covering various styles and durations.  ### Books  4. \*\*"The New Rules of Lifting for Beginners" by Lou Schuler and Alwyn Cosgrove\*\*: This book offers a solid introduction to strength training, including workout plans and nutrition advice tailored for beginners.  5. \*\*"Yoga for Beginners" by Susan A. Smith\*\*: A beginner-friendly guide to yoga, including poses, sequences, and tips for incorporating yoga into a fitness routine. |