

# Instructional Lesson Plan

## Overview

### Lesson Plan Overview

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**Grade Level:** 9<sup>th</sup>

**Lesson Title:** Fitness rotations

**Subject Area:** Heart rate (intensity)

After changing and entering the gym the students will do the warm up Ten Ten's. After warm ups the students will gather in and we will discuss review from precious lesson on how to take your heart rate. After the review on heart rate, the students will divide up into groups for fitness rotations (cardiorespiratory).

## Standards

### Lesson Plan Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. **(affective domain).**

## Instructional Objectives

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- 9.3 The student will evaluate current fitness behaviors and demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
- a) Explain the relationship between heart rate, training zones, and exercise intensity, to include measures (e.g., heart rate monitors, pedometers, accelerometers) and appropriate training zones to meet exercise and personal fitness goals. **(cognitive domain).**
  - b) Calculate resting heart rate, target heart rate, and blood pressure. **(cognitive domain).**

## Focus

### Enduring Understandings

Knows how to take their heart rate.

Knows the range their heart rate should be when exercising. 130-170

Uses a variety of skills to participate in physical activities.

Acts fairly, responsibly, and respectfully when they participate in activities.

Knows why it is important to be physically active.

Knows importance of taking your heart rate.

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## Essential Questions

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How do I take my heart rate?

What is my target heart rate?

What are some fitness activities I can do to stay healthy and fit?

Why is it important for me to stay active and participate in fitness activities?

## Procedures

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### Lesson Set

Learning Target: I can participate in activities to improve my fitness level.

I can know and understand how to take my heart rate.

### Rationale

For students it is imperative that they have the tools to stay active once they leave the school setting. If our students are given the tools and strategies they need to continue fitness outside of school as they grow older, they will be able to live a happy healthy life. Knowing your heart rate is important so the students can monitor their intensity during their workouts.

### Techniques and Activities

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1. **Organization/transition:** The students will enter the gym (locker room) and have 10 minutes to dress out.

**Equipment:** Poster with 10 exercises for the students to look at.

**Activity (15-20min):**

Once they dress out they are to enter the gym or outside area for their warm up (students will know their warm up squad lines). Warm up will be TEN TEN's students will do ten exercises each exercise 10 times (ie. 10 jumping jacks, 10 push-ups, 10 jog in place and so on) once the students have completed all ten exercises they start over. Students will continue to do warm up until teacher instructs them to stop.

**Cues:** Change quickly into your physical education uniform. Respect the belongings and privacy of others. Once you get to your spot start your warm up (ten tens)

**Modifications:** Those students having trouble can do 5 of each exercise if needed. Each exercise can also be modified (ie. Knee push-up, smaller box for box jumps)

2. **Organization/transition:** The students will be divided into three different groups. The groups will rotate to three different cardio stations. The students will spend fifteen minutes at each station.

**Equipment:** pedometers, cones around track box for squats or box jumps, mat for core work

**Activity ( 45-55 min):**

The students will rotate through three different stations (each station will last 15 minutes). One station the students will use pedometers to measure their steps as they jog, skip, gallop, or run around the track. Another station the students will perform different exercises some cardio (rope jumping, run in place, jumping jacks) some strength and endurance (tricep-dips push-ups squats jump squats). The students will periodically be asked to take their heart rate. This will show the students that your heart rate changes depending on the fitness activity you are participating in. The third station will be core exercises (leg lifts, v-ups, crunches planks) at the end of the activity the students will be asked to check their heart rate. Have the students tell you why it is lower than when they were participating in the other stations.

**Cues:** heart rate (left chest, wrist, neck). Line your Pedometer up with your knee and do not touch it until after you have checked your number of steps.

**Modifications:** All activities can be modified to accommodate those who are having trouble (pushups can be done on knees, other exercises can be modified or done at students own pace or level). All work on track is choice of locomotor movement so students can choose.

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## Lesson Closure

Ask the students did they have fun today. Ask the students how they can take their heartrate? Ask the students why we check our heart rate while working out? (intensity). Ask students what activity was the most challenging? Have the students explain what happens to your heart rate during different fitness activities.

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## Reflection and Reaction

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### Personal Impact on Student Learning

This is a fun activity that students can learn and understand all about fitness while checking your intensity. This activity gives the students the tools and knowledge they need to live a healthy

lifestyle as the age and grow. Helps students to understand the importance of checking your intensity while working out.