

Old Dominion University
Health & Physical Education
Unit Plan

Unit: Stretching and group fitness		Grade: 7 th	
Teacher: Kelsey Bowser		Number of Lessons: 10	
Location: Gymnasium		Teaching Model: Fitness Education	
Goals & Objectives			
<p>National Standards</p> <p>Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p>		<p>State SOLs</p> <p>7.2 The student will understand and apply movement principles and concepts and knowledge of major body structures.</p> <p>a) Identify the “core muscles,” to include pelvis, lower back, hips, gluteal muscles, and abdomen, and explain their role in stabilizing movement.</p> <p>b) Apply biomechanical principles (e.g., center of gravity, base of support) to understand and perform skillful movements.</p> <p>c) Describe the planes of motion in which movement occurs, to include sagittal plane, frontal plane, and transverse plane.</p> <p>d) Analyze skill patterns and movement performance of self and others, detecting and correcting mechanical errors and describing balance in the planes of movement for selected movements</p> <p>7.4 The student will demonstrate and apply skills to work independently and with others in physical activity settings</p> <p>a) Apply safety procedures, rules, and appropriate etiquette in physical activity settings by self-officiating modified physical activities/games</p>	
<p>Unit Goals</p> <ul style="list-style-type: none">• To instruct students on proper ways to stretch their bodies without causing injury.• To instruct students on ways to stay motivated and enthusiastic about fitness• To instruct students on the importance of being flexible and how it relates to injury prevention• To instruct students on way to be fit in a group as well as activates to keep them active as they get older.			
<p>Essential Questions:</p> <ol style="list-style-type: none">1. What is the difference between static and dynamic stretching?2. What are the 8 elements of yoga?3. How can group Fitness activities be important?4. What are other ways to incorporate stretching in group activities as you get older?5. What are the planes of the body and what movement occurs in each plane?			
Essential Knowledge:		Essential Skills:	

<p><i>Students will know:</i></p> <ol style="list-style-type: none"> 1. Students will know proper form. 2. Students will know their individual strengths and weaknesses as well as limitations. 3. Students will know different ways to stretch each muscle. 4. Students will know the difference between dynamic and static stretching and yoga. 5. Students will know how group activities can keep them active for life. 	<p><i>Students will be able to:</i></p> <ol style="list-style-type: none"> 1. Students will be able to understand their personal limitations when performing a yoga routine 2. Students will be able to demonstrate a variety of stretching positions 3. Students will be able to understand and identify the 8 stages of yoga. 4. Students will be able to identify the planes of the body and movement that occurs within them. 5. Students will be able to identify muscles and what movements they create.
<p>Behavioral Objectives:</p> <p><i>Psychomotor:</i></p> <ul style="list-style-type: none"> • Students will be able to create a yoga routine. • Students will be able to show proper technique when stretching and performing the group fitness activities. <p><i>Cognitive:</i></p> <ul style="list-style-type: none"> • Students will be able to identify when equipment is needed. • Students will be able to identify the planes and movements of the body. <p><i>Affective:</i></p> <ul style="list-style-type: none"> • Students will be able to encourage each other to try their best. • Students will be able to work together. 	
<i>Assessment</i>	
<p>Culminating Assessment:</p> <ul style="list-style-type: none"> • Students will be able to identify the muscle actions needed to perform movements, as well as how to stay active for life. 	
<p>Key Criteria:</p> <ul style="list-style-type: none"> • Students will understand the differences between static and dynamic stretching. • Students will understand how group fitness can be more beneficial than just going to the gym alone. • Students will understand how fitness can be fun as well as a life - long activity. 	
<p>Other Assessments:</p> <ul style="list-style-type: none"> • Exit tickets – a question about what was covered that day. • Explaining their favorite part about the activities done in class. • Sharing something new they learned. 	
Teaching Plan	
<p>Learning Activities:</p> <p>Day One: Body movement/ awareness</p>	

- Planes of the body
- What planes of the body perform which movement
- Muscle actions
- Static stretching
- Dynamic stretching
- Foam rolling

Day Two: Group classes

- Tabata
- Zumba
- Dancercise

Day Three: Yoga

- 8 stages of yoga
- Focused breathing in yoga
- Implementing equipment into yoga
- Explore different types of yoga
- Students create their own yoga routine in a group

Day Four: Tai Chi

- Basic understanding of Tai Chi
- Focusing on breathing in Tai Chi
- Explore different types of Tai Chi
- Create a Tai Chi routine in a group

Day Five: Pilates

- Pilates workout
- Understanding of muscles and how each muscle is worked
- Students create an activity for a full body Pilates routine in a group

Day Six: Spin Cycling

- Basics of spin cycling
- Understanding how Spin Cycling affects the body
- Muscles used for Spin cycling
- Spin cycling workout

Equipment:

- Thera-bands
- Yoga mats
- Poles
- Blocks
- Ocean sounds CD
- Radio
- Tv or projector
- Spin bikes

Reflection

Unit Evaluation

1. Were the students enthusiastic when it came to learning different ways of stretching

- 2. Were the students participating in activities?**
- 3. Did the students understand each lesson and grasp each instruction?**
- 4. Were students able to name at least one group fitness they enjoyed the most?**