

## LESSON 6: PROGRAM DESIGN

### Grade-Level Outcomes

#### Primary Outcome

**Assessment & program planning:** Designs and implements a program of remediation for 3 areas of weakness based on the results of health-related fitness assessment. (S3.M15.8)

#### Embedded Outcome

**Fitness knowledge:** Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. (S3.M8.8)

### Lesson Objectives

The learner will:

- design and implement a program of remediation for three areas of weakness based on the results of her health-related fitness assessment.
- use available technology to self-monitor the amount of exercise in which she participates as part of her program of remediation.

### Equipment and Materials

- Clipboards
- Pencils
- Student Fitnessgram reports generated from Fitnessgram software
- Completed physical activity logs from Physical Activity and Fitness Program Design Module
- Physical Activity Remediation Program Design handout, 1 per student (see handout in grade 7 module, lesson 7)
- Scoring Guide for Your Physical Activity Remediation Plan, 1 per student (see handout in grade 7 module, lesson 6)
- Physical Activity Remediation Plan Template, packets of 14, enough packets for cooperative groups (see handout in grade 7 module, lesson 6)

### Introduction

*Today, you will design your own program of remediation for three areas of health-related fitness. If you do not have three areas of weakness, you can choose three you want to improve or a combination of the two (remediation and improvement). You will receive Fitnessgram reports from fitness testing that you performed earlier in the school year.*

For a sample Fitnessgram lesson, see Lesson 1 in the Fitness Through 5K Program Design Module.

## Instructional Task: Program Design

### ■ PRACTICE TASK

Distribute student Fitnessgram reports, completed physical activity logs, physical activity and fitness plan worksheet, scoring guide, and physical activity and fitness plan template.

Review the various handouts with students, and have them start to design their physical activity programs.

Explain that they are expected to use technology to track their physical activity. However, activities such as static stretching are not expected to be measured.

Assist students with questions they may have, and clarify any concepts that they are expected to apply for this assignment.

# MONITORING PHYSICAL ACTIVITY WITH TECHNOLOGY

**EMBEDDED OUTCOME: S3.M8.8.** Have students think about what technology they will use to help them implement and monitor their plans.

## Extension

Encourage students to think about activities and lifestyle choices they do that may not help their health-related fitness (e.g., excessive screen time, playing video games with poor posture, doing homework with poor posture, poor nutrition choices, doing homework without taking time for physical activity breaks).

## Refinement

Make sure students are focusing on remediation of three areas of health-related fitness.

## Student Choices/Differentiation

- Students can work with a partner to help with program design.
- Provide examples of different technology devices students can use.

## What to Look For

- Students are correctly interpreting their Fitnessgram reports.
- Students are reviewing their physical activity logs.
- Students are determining how much physical activity is needed.
- Students are identifying health-related fitness items in need of remediation or desired improvement.
- Students are planning physical activity.
- Students are deciding what technology to use to track physical activity.

## Formal and Informal Assessments

Self-assessment scoring guide

## Closure

*This assignment is meant to help you gain the skills and knowledge to be active for a lifetime, but it is not necessary to design programs like these for the rest of your life. However, thinking about it on occasion can be beneficial. Being able to design your own program can help prevent or fix a number of medical problems. Imagine how much money people spend on personal trainers. As a physically literate person, you should not have to do this if you know how to design your own program.*

## Reflection

- Are students ready to complete this assignment for homework? Or will students require additional support in class before finishing this for homework?
- Are students finding ways to use technology in their plans?

## Homework

*Finish your remediation program and bring it back to class for review. After we have reviewed your plan, you will have the opportunity to implement your plan during class and outside of school.*

## Resources

The Cooper Institute. (2013). Meredith, M.D., & Welk, G.J. (Eds.). *Fitnessgram & Activitygram test administration manual*. Updated 4th ed. Champaign, IL: Human Kinetics.

Corbin, C., Pangrazi, R., & Welk, G. (1994). Toward an understanding of appropriate physical activity levels for youth. *Physical Activity and Fitness Research Digest*, 1(8), 1-8.