

LESSON 7: DESIGNING AT-HOME FITNESS PLANS

Grade-Level Outcomes

Primary Outcome

Engages in physical activity: Plans and implements a program of cross-training to include aerobic, strength & endurance and flexibility training. (S3.M4.8)

Embedded Outcome

Social interaction: Demonstrates respect for self by asking for help and helping others in various physical activities. (S5.M6.8)

Lesson Objectives

The learner will:

- practice exercises to improve muscular strength and endurance.
- design a muscular strength and endurance routine that she can implement at home.
- document her physical activity outside of class and in class.
- demonstrate in a quiz her knowledge of terminology and concepts taught throughout the module.

Equipment and Materials

- Copies of Muscles in Action Plan
- Copies of Labeled Muscle Diagram
- Copies of Weight Training Chart
- Clipboards
- Pencils
- Station cards
- Shoulder folders
- Sand bells
- Hand weights
- Medicine balls
- Aerobic steps

Introduction

We have been learning and practicing muscular strength and endurance concepts and routines in this module. The goal is for you to become a physically literate person who can implement these concepts and habits on your own. Today, you will continue working on muscular strength and endurance in class, but you'll also plan and think about how you can continue that on your own at home. You also will take a quiz on the material you have learned in these lessons.

Instructional Task: Muscular Strength and Endurance Station

■ PRACTICE TASK

Students participate in another group warm-up and complete the muscular strength and endurance stations.

As students rotate through the stations, they fill in the worksheet Muscles in Action Plan by listing muscular strength and endurance activities that they think they can realistically do at home with the equipment they have. Also, provide them with a copy of the Labeled Muscle Diagram, or have copies at each station for reference.

PHYSICAL ACTIVITY PARTICIPATION (GRADE 8)

You might not have strength training equipment at home, but can you think of body-weight exercises that you could do to work the same muscle group?

EMBEDDED OUTCOME: S5.M6.8. Some students might have difficulty answering all the questions on the worksheet or performing the physical activity task. Discuss with the class why it's important to ask for help when needed and to help others in physical activity tasks.

Extensions

- Students can participate in another group's cool-down activities.
- Students may list machine exercises if their parents or guardians have machines at home.

Student Choices/Differentiation

- Students can choose from a variety of exercises.
- Students can choose from a variety of equipment.
- Students can choose equipment at home or body-weight exercises.
- Provide examples of muscular strength and endurance plans for students to look at if needed.

What to Look For

Students are selecting the correct exercises based on muscle groups.

Instructional Task: Physical Activity Quiz

■ PRACTICE TASK

Students take a teacher-created quiz on material covered throughout the module.

Student Choices/Differentiation

Students may be provided any test accommodations that are needed.

What to Look For

Students demonstrate understanding of terminology and concepts used throughout the module.

Formal and Informal Assessments

- Muscles in Action worksheet
- Physical activity quiz

Closure

Today, through assigned worksheets, you designed a muscle strength and endurance plan that you will hopefully be able to implement at home. We are approaching the end of our module, and you hopefully feel equipped to participate in physical activity on your own outside of school.

Reflection

- Did students have enough time to realistically design a muscle strength and endurance program?
- Will they need additional time next class session?

Homework

Continue logging the physical activity you do in class and outside of class time. Your physical activity homework should now include aerobic-type activities, muscular strength and endurance exercises, and flexibility exercises. Be sure to keep up on this assignment since most of you are likely to select this as a major part of your portfolio.

Resources

NASPE. (2005). *Physical best activity guide: Middle and high school levels*. 2nd ed. Champaign, IL: Human Kinetics.

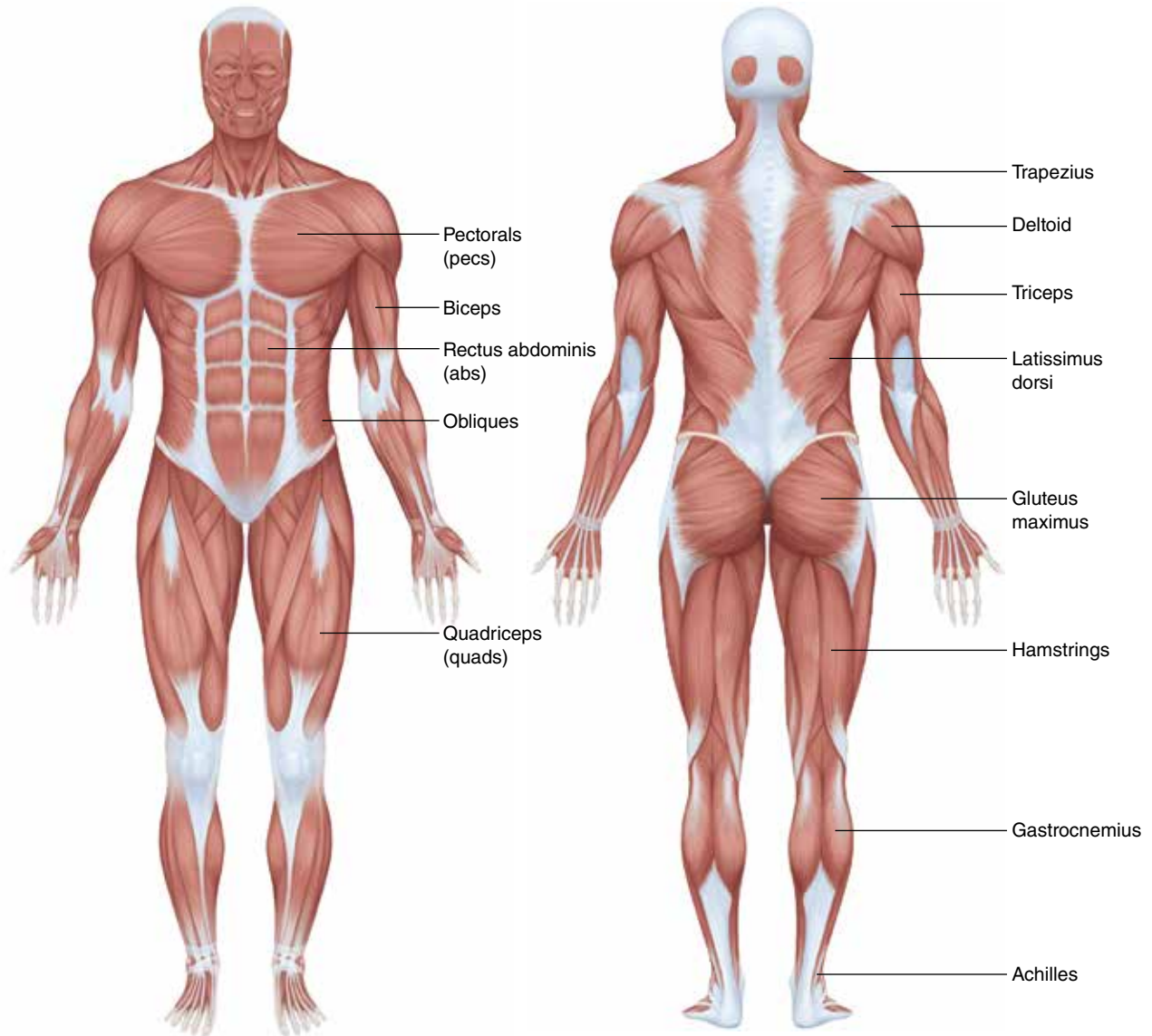
MUSCLES IN ACTION PLAN

List one exercise for each muscle group listed.

Muscle group	Exercise for muscle group
Quadriceps	
Biceps	
Triceps	
Hamstrings	
Pectorals	
Gastrocnemius	
Deltoid	
Trapezius	
Latissimus dorsi	
Obliques	
Rectus abdominis	
Gluteus maximus	

From R.J. Doan, L.C. MacDonald, and S. Chepko, eds., 2017, *Lesson planning for middle school physical education* (Reston, VA: SHAPE America; Champaign, IL: Human Kinetics). From NASPE, 2005, *Physical Best activity guide: Middle and high school levels*, 2nd edition, (Champaign, IL: Human Kinetics).

LABELED MUSCLE DIAGRAM



Medical art ©Human Kinetics. From R.J. Doan, L.C. MacDonald, and S. Chepko, eds., 2017, *Lesson planning for middle school physical education* (Reston, VA: SHAPE America; Champaign, IL: Human Kinetics).

WEIGHT-TRAINING CHART

Name: _____ Class: _____ Date: _____

[illegible]

From R.J. Doan, L.C. MacDonald, and S. Chepko, eds., 2017, *Lesson planning for middle school physical education* (Reston, VA: SHAPE America; Champaign, IL: Human Kinetics). From NASPE, 2005, *Physical Best activity guide: Middle and high school levels*, 2nd edition, (Champaign, IL: Human Kinetics).