

LESSON 8: IMPLEMENTING THE FITNESS PLAN USING TECHNOLOGY, PART 2

Grade-Level Outcomes

Primary Outcomes

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)

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)

Physical activity knowledge: Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) and explains the connections between fitness and overall physical and mental health. (S3.M1.8)

Embedded Outcome

Self-expression & enjoyment: Identifies and participates in an enjoyable activity that prompts individual self-expression. (S5.M5.8)

Lesson Objectives

The learner will:

- continue to implement a program of remediation for two or three areas of weakness based on the results of her health-related fitness assessment.
- use available technology to self-monitor quantity of exercise as part of the implemented program of remediation.
- explain the connections between fitness and overall physical and mental health.

Equipment and Materials

- Physical Activity/Fitness Plan Worksheet, 1 per student
- Scoring Guide for Two-Week Physical Activity Plan, 1 per student
- Physical Activity/Fitness Plan Template, 1 per student
- Physical Activity Remediation Program Design handout, copies for cooperative groups (see handout in grade 7 module, lesson 7)
- Scoring Guide for Your Physical Activity Remedial Plan, 1 per student (see handout in grade 7 module, lesson 6)
- Physical Activity Remediation Plan Template, packets of 14 and enough packets for cooperative groups (see handout in grade 7 module, lesson 6)
- IHT heart rate monitors
- Students' smartphones and apps
- Fitness center (with middle school appropriate equipment):
 - Sand bells
 - Medicine balls
 - Resistance bars
 - Resistance bands
 - Agility ladders
 - Spinning bikes
 - Ellipticals
 - Stationary bikes
 - Aerobic steps
 - Jump ropes

Introduction

Does anyone want to share their homework narrative? It is important we find enjoyment in physical activities. I look forward to viewing what you wrote. The last time we met you were able to start the implementation of your program of remediation based on health-related fitness results. This time, you will focus on the one or two remaining areas of remediation that you did not work on before. Today, you are going to continue that implementation and also explain the connection between fitness and overall physical and mental health.

Instructional Task: Continued Implementation of Plan

■ PRACTICE TASK

After students have refined their plans, allow them to work either independently or in small groups to implement their plans.

Instruct students to focus on one or two of the areas remaining in their plans.

Students self-select fitness activities and equipment in the fitness center. They should work respectfully with each other by sharing equipment.

Students also need to select appropriate technology to help monitor their quantities of exercise. This can include:

- Teacher-provided heart rate monitors
- Electronic feedback from an elliptical or stationary bike
- Their own smartphones and apps
- Fitbits

Refinements

- Students can continue to refine their plans if they discover the need for refinements as they begin to implement their programs.
- Students should log their physical activity at the end of or during their workouts.

Student Choices/Differentiation

- Students can choose from various equipment.
- Students can choose from various exercises.
- Students can choose from various technologies to monitor exercise.

What to Look For

- Students select exercises and equipment that are appropriate for the area of remediation they are working on.
- Students are specifically working on areas they did not get to last time. This will allow you to monitor and make sure students are doing activity correctly (for the future).
- Students are using equipment safely.
- Students are sharing equipment.

Instructional Task: Module Review (Big Picture)

■ PRACTICE TASK

Today, you continued the implementation of your program of remediation. Your plans are based on fitness testing of the five components of fitness.

Guiding questions for students:

- Can anyone describe the five components of health-related fitness?
- Can you match the activities you performed in the module with the five components of health-related fitness?

Discuss the connections between fitness and overall physical and mental health.

Guiding questions for students:

- What is the connection between fitness and overall physical health?
- Can you provide examples to strengthen your case?
- What is the connection between fitness and overall mental health?
- Can you provide examples to strengthen your case?

Extension

Students can research fitness and overall physical and mental health for a mini research project. Project ideas include the following:

- PowerPoint: Identify the benefits of fitness for overall health.
- Brochure: Create a brochure to hand out in the community on the benefits of fitness and overall health.
- Research paper
- Debate: Half the class debates that fitness is more beneficial to physical health, while the other half debates that it is more important to mental health.

Student Choices/Differentiation

Show video clips or use handouts to help make connections for students.

What to Look For

- Students identify and describe the components of health-related fitness.
- Students understand the basic connections between fitness and overall physical and mental health.

Formal and Informal Assessments

Self-assessment scoring guide

Closure

- What is the most difficult area to remediate in your plan? Is it difficult because of the work you must do, or do you not enjoy that area of fitness?
- What is your favorite technology tool you used in the module? Why?
- Keep tracking your fitness using technology. If you come upon anything new, please share with me so I can post the new technology tool to the school's physical education website.

Reflection

- Based on Big Picture activities, how well do students understand the connections between fitness and overall physical and mental health?
- Do you need to review these concepts, or are students ready for a summative assessment?

Homework

Continue to implement your program of remediation and log your activities. Keep track of your physical activity. You will turn in a two-week physical activity log that shows how you continued to implement your plan after we start a new unit.

EMBEDDED OUTCOME: S5.M5.8. Throughout these lessons, you have been making choices with the use of technology to improve your fitness. Choose one aspect of your fitness plan and try to participate in an enjoyable activity (e.g., Dance Dance Revolution, creative dance, martial arts) that prompts individual self-expression.

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.