

Fitness Friday H.I.I.T.

IHT Spirit Lesson | April | Teacher Guide

Stage 3: Learning Plan (Activity)

Lesson Goals:

To engage all students at each grade level every Friday with a high intensity interval training workout that maximizes effort in the available class time and encourages them to meet the goals they have set for themselves, answer essential questions and earn a sense of accomplishment.

Student Objectives and Standards:

National Standards:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- S1.M25.6: Demonstrates correct techniques for basic skills in one self-selected individual performance area.
- S1.M25.7: Demonstrates correct techniques for a variety of skills in one self-selected individual performance activity.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- S2.M12.8: Describes and applies mechanical advantages for a variety of movement patterns.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- S3.M12.6: Describes the role of warm-up and cool-downs before and after physical activity.
- S3.M15.6: Describes and implements a program of remediation of any areas of weakness based on the results of health-related fitness assessment.
- S3.M16.8: Designs and implements a program to improve levels of health-related fitness and nutrition.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- M4.M1.8: Accepts responsibility for improving one's own levels of physical activity and fitness.
- S4.M2.8: Uses effective self-monitoring skills to incorporate opportunities for physical activity and fitness.
- S4.M3.8: Provides encouragement and feedback to peers without prompting from a teacher.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- S5.M2.8: Identifies the five components of health-related fitness and explains connections between fitness and overall physical and mental health.
- S5.M2.7: Identifies positive mental and emotional aspects of participating in a variety of physical activity.

Fitness Friday - High Intensity Interval Training

Arrive in gymnasium:

- Students from health and other classrooms participating in Fitness Friday join Physical Education students already gathered in the gym.

Dynamic Warm-up

- Perform student-led warm-up

Fitness Friday Station Workout

Students participate in a series of 10 stations. They complete each exercise as many times as possible in one minute (60 seconds). After each station, students take a 10 second break to move to the next station. Repeat circuit as time and space allow.

1. Squat Jumps
2. Side Slides
3. Pushups
4. Situps
5. Burpees
6. Crunches
7. Dips
8. Plank
9. Plank with shoulder touch
10. Star Jumps

Additional Stations

Depending on the number of total students participating during a class session, the teacher is encouraged to add stations to eliminate student downtime.

- Short, line-to-line drills

Additional Modifications

Students are expected to perform each exercise correctly. If the teacher notices students demonstrating improper or incorrect form, or not putting forth maximum effort, students may be asked to repeat a station.

Dynamic Cool-down

- Perform student-led cool-down before returning to their classrooms.

Essential Questions Addressed in this Lesson:

- What does basic high intensity interval training look like?
- How does supporting and refining my peers help me?
- What does it mean to be a physically fit individual?
- How does teamwork, sportsperson-ship, and work ethic help accomplish life goals?
- How do motor skills and movement patterns enhance physical fitness?
- What is the importance of setting short-term goals that you must work to achieve?

Instructional Tips/Strategies/Notes

- Rotate use of heart rate monitors (if available) each Friday to maximize the number of students who get to experience the technology.