

Fitness Frenzy

IHT Spirit Lesson | May | Teacher Guide

Stage 3: Learning Plan (Activity)

Lesson Goals:

Students will understand how to calculate their heart rate. Students will demonstrate an understanding of the target heart rate zone using the heart rate scale. Students will demonstrate teamwork and perseverance during the "As Many Reps As Possible" circuit. Students will understand how to create a fitness routine for their families to try.

Student Objectives and Standards:

Local Standards

Personal Health and Fitness: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. *EX: engage in physical activity and frequent monitoring of pulse rate to reach and maintain a target heart rate for an appropriate amount of time.*

A Safe and Healthy Environment: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. *EX: demonstrate appropriate skill in fundamental movement tasks.*

Resource Management: Students will understand and be able to manage their personal and community resources. *EX: describe how the family influences one's physical activity.*

National Standards:

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

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

Fitness Frenzy

Warm-up, Stretches, Exercises

- Tabata: 8 total rounds, 20 seconds of hard work/10 seconds of rest
- Students will help create a class Tabata. They will choose 4 exercises and identify what health-related fitness component each exercise works on. They will complete the exercises in the order they choose and go through each 2 times.
- When they complete the Tabata, students will find their pulse and calculate their heart rate. Students will show if they made it into their Target Heart Rate Zone (140-180 beats per minute) by using the HR scale. They will raise 1 hand straight out in front of them if they were under it, raise 1 hand up if they made the target HR Zone and raise 2 hands up if they exceeded the target HR Zone.

Lesson/Activity Introduction

- Students will come into the gym and sit on their floor spot. The main focus will be heart health and heart rate. Teachers will review with students how to calculate heart rate. Students demonstrate finding their pulse on their neck or their wrist and they will practice by finding their resting heart rate. The teacher will count for 6 seconds and whatever number the students get, they'll add a 0 to the end of it (multiplying by 10). Example: Student counts to 9 so their resting heart rate is 90 BPM.

Essential Questions

Students may be asked the following questions as part of a discussion either before, during or after the workout.

- When is the best time to check your resting heart rate?
- Why does your heart rate increase and decrease throughout the day?
- Why do you think your heart needs to work harder when you're active?
- What activities will help your heart rate decrease after hard work?

Group AMRAP Circuit

Divide the class into groups of 5 students. Each group will have 5 pieces of equipment at the end of their line. The teacher chooses a group to help demonstrate how to use the equipment properly and what exercises they must do. Students will work together to set their equipment in any order they would like. The only piece of equipment that must be first is the step box for the bench-ups. The circuit could look like this:

- Bench-ups
- Jump Rope
- Leg Press/Superman Pose
- Burpees
- Gorilla Squat

Students will have 10-12 minutes to try and get as many rounds as possible (AMRAP). Students can only rotate through their circuit when the person who is at the Bench-ups station completes 30 reps. When they are done, the student at Bench-ups will yell to their group "Polar Bears Rotate!"

During the rotations, students are encouraged to support their teammates and cheer them on. Students will be allowed to use appropriate rests during their work to keep their heart rate in the target heart rate zone.

Adaptations:

At each station, students are allowed to modify their work to challenge themselves at their level:

- Bench-ups can become shoulder touches.
- Jump rope can become Snake Jumps.
- Leg press can become Superman.
- Burpees can become star jumps.
- Gorilla squats can become lunges.

Dynamic Cool-down

- Perform student-led cool-down before gathering to answer essential questions.

Essential Questions Addressed in this Lesson:

- Why is it important to understand your heart and what it is telling you?
- How can you support your teammates/family when trying to maintain a healthy lifestyle?
- Where can you get active outside of school?
- How did it feel to have your team cheering you on?


Frisbee Toss Skill Rubric

Benchmark: Throw frisbee with good form from 15 feet to a partner where the partner does not need to take a step to catch the frisbee 3 of 4 attempts.

Cue Word(s)	Description	Image
<i>Stance</i>	<ul style="list-style-type: none"> ● Staggered with dominant foot forward ● Eyes Forward ● Claw Grip on Frisbee ● Balanced On Forefoot 	
<i>Hip to Point</i>	<ul style="list-style-type: none"> ● Curl arm/disc back to hip ● Step dominant foot toward target ● Straighten Arm and Release ● Point Toward Target 	
<i>Palm Up</i>	<ul style="list-style-type: none"> ● While Pointing Toward Target ● Palm up and Flat ● Eyes Follow Disc 	

Frisbee Catch Skill Rubric

Benchmark: Catch a thrown frisbee from 15 feet with good form 3 of 4 attempts.

Cue Word(s)	Description	Image
<i>Stance</i>	<ul style="list-style-type: none">• Square with feet under shoulders• Eyes Forward• Hands in Front	
<i>Open</i>	<ul style="list-style-type: none">• Hands Overlap Each Other• Palms Face Each other with Fingers Separated• Hands are about 12 inches apart	
<i>Close</i>	<ul style="list-style-type: none">• As Frisbee enters Hands, Close Together, Palms first• Eyes Follow Disc• Rotate Hands To Throwing Grip	