

Title _____ Fitness Frenzy _____

Curriculum Physical
Education _____

Grade Level Span _____ 6-8 _____

Purpose:

- Students will begin to understand that fitness is a life-long learning process.
- Students experience competitive and non-competitive activities that promote life-long fitness.

Description

- Each student will set personal fitness goals.
- Individual students will produce a daily fitness plan on a computerized log for a designated period of time.
- Students will implement a health enhancing fitness plan.

Preparation:

- The teacher and the students will review personal fitness activities and a fitness computer program.
- Students will complete a perceived fitness survey.

Procedure:	Curriculum Standards	NETS for Students
1. Each student will set personal fitness goals using prior knowledge of the benefits of daily participation in physical activities and results from their perceived fitness survey.	Physical Ed. & Fitness-Grades 6-8 #2	

<p>2. As a class, establish project guidelines; for example appropriate and inappropriate activities. Discuss basic issues related to responsible use of technology and information and describe personal consequences of inappropriate use.</p>	<p>#4, #5</p>	<p>#3</p>
<p>3. Students will be required to record in a fitness journal; frequency, intensity and time of activities and specify type of activities. Using technology tools: (e.g. computer and E-Log fitness program) they will transfer journal information onto a spreadsheet.</p>	<p>#4, #5</p>	<p>#5</p>
<p>4. Each student will generate conclusions to their experiences using keyboard and other common input and output devices.</p>	<p>#2</p>	<p>#1</p>

Tools and Resources

(List all Web sites, specific software and hardware needs)

HARDWARE:

Computers (desktop, laptop or handheld)

WEB SITES:

Cooper Institute www.cooperinst.org
www.motivationstation.net

SOFTWARE:

Appropriate software (e.g. E-Log, spreadsheets, word processing journal)

Assessment

(How will you assess the students' learning? If you have a rubric, record it here. Be as specific as possible)

- Students will show evidence of daily activity through data collected on fitness journal/spreadsheet.
- Students will communicate, in written form, their fitness log experience; improvements or lack of improvements using word processing.

Authors (including contact information)

(Record the names and email addresses, if possible, of those who contributed to the development of this lesson sequence)

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Personal Account

(Have you taught this lesson sequence before? What are the great learning/experiences you had?)

We have not taught this lesson yet, but look forward to hearing from those of you who try it out.

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