

Day 1	Day 2	Day 3	Day 4
Presentation: Power Point/handout: Benefits of Being Fit Physical Psychological Components of Fitness Muscle Strength Muscle Endurance Cardio Respiratory - Endurance Flexibility Body Composition Personal –Social skills Responsibility Cooperation Self-Control	Fitnessgram Testing Use stations to introduce and begin tests. Stations illustrate which component is being tested Personal –Social skills Responsibility Cooperation Self-Control	Presentation: PowerPt/handout F.I.T. – Activity Pyramid Heart Rate Minutes Activity Log Daily record of activity. Personal –Social skills Responsibility Cooperation Self-Control	Stations Review components Fitnessgram Testing Personal –Social skills Responsibility Cooperation Self-Control
Day 6	Day 7	Day 8	Day 9
Target Heart Rate Review Fitnessgram Testing Personal –Social skills Responsibility Cooperation Self-Control	Presentation Warm-up Workout Cool – down Fitnessgram Testing Personal –Social skills Responsibility Cooperation Self-Control	Presentation Goal Setting Use Test results to set goals Personal –Social skills Responsibility Cooperation Self-Control	Review information Complete goal setting

This unit should continue as part of each unit. Incorporate heart rate monitors and/or pedometers into other units to teach students how various activities effect heart rate and contribute to fitness.