

Fitness 3 week Unit	
<p>Week 1 Day 1 Warm-up Stretches Intro: Circuit Training and Fitness Include handouts for each.</p> <ul style="list-style-type: none"> - What it does and how it affects your body - Aerobic and anaerobic fitness - Heart Rate Monitors / Radial pulse/carotid pulse <p>Skills: Plyo boxes – Peaks and valleys, bounding jumps, skiers Step Hurdles Agility Ladder – 1 foot, 2 feet, slalom, sideways 1 and 2 feet, sideways up and back Dot Drill: 2 feet forward, one foot</p> <p>Concepts: Understanding Rules and concepts</p> <p>Personal Social Skills: Cooperation Best effort</p> <p>Activities: Small circuit rotation</p>	<p>Day 2 Warm-up and stretches Intro: Introduction to principles of training. FITT Skills: Stations: Medicine Ball: jackknives, side touches, tosses Sit-ups 100/push-ups 50 (super set) Step Hurdles Plyometric Boxes Agility Ladder Conditioning: Jump rope – 1 minute interval routine</p> <p>Concepts: Rotation Strength Training</p> <p>Personal Social Skills: Cooperation Best Effort</p> <p>Activities: Stations and Conditioning</p>
<p>Day 3 Warm-up and stretches Introduction: Fitness Logs Skills: Intro Dot Drill Pull-ups Lunges “Supermans” –lower back Medicine balls – partner sit-ups and tosses Agility ladder Step Hurdle Conditioning: Dot Drill</p> <p>Concepts: Rotation Core Training Knowledge of dot drill steps</p>	<p>Day 4 Warm-up and stretches Skills: Pull-ups/Dips (intro) Lunges Jump Rope 100/50 Super Set Cone Balance (intro) Stability Balls (intro) Conditioning: Agility cone drills</p> <p>Concepts: Best effort Practice Upper-body development</p> <p>Personal Social Skills: Cooperation</p>

<p>Personal Social Skills: Cooperation Best Effort Activities: Stations and Conditioning</p>	<p>Best Effort Activities: Stations and conditioning</p>
<p>Day 5: Warm-up and stretches Skills: Target Heart Rate Dot Drill Jump rope Lunges Concepts: Learning to manage THR Personal Social Skills: Cooperation Best Effort Activities: THR worksheets</p>	
<p>Week 2 Day 1 Warm-up and stretches FITNESS TESTING -BMI -PACER -PUSH-UP -SIT-UP -SIT / REACH</p>	<p>Day 2 Warm-up and stretch FITNESS TESTING</p>
<p>Day 3 Warm-up and stretches FITNESS TESTING</p>	<p>Day 4 Warm-up and stretches FITNESS TESTING</p>
<p>.Day 5 Warm-up and stretches FITNESS TESTING</p>	

<p>Week 3 Day 1 Warm-up and stretches Introduction: My Pyramid.gov http://www.peclogit.org/logit.asp Skills: Basic Computer and Internet Skills</p> <p>Concepts: Analyze and evaluate the effects of physical activity and nutrition on the body, through My Pyramid. Personal Social Skills: Activities: Computer Usage</p>	<p>Day 2 Warm-up and stretch Introduction: Student Plan for fitness Skills: develops and implements a plan for improving or maintaining their health-related fitness status, with assistance from the teacher. Concepts: Using learned fitness strategies in developing 2 week fitness plan Personal Social Skills: Activities:</p>
<p>Day 3 Warm-up and stretches Skills: Implementing Individual program Personal Social Skills: Cooperation Best Effort Activities: Stations and Conditioning</p>	<p>Day 4 Warm-up and stretches Skills: Implementing Individual program Concepts: Best Effort Cooperation Motivation Personal Social Skills: Cooperation Best Effort Activities: Stations and conditioning</p>
<p>Day 5 Warm-up and stretches Skills: Final Written assessment over fitness/nutrition components</p>	